



Weight Loss with Yoga : Weight Loss, Stress Relief, and Productivity (Yoga for beginners, Yoga, Yoga for weight loss, Asanas, meditation, Spiritual): The ... Human Engineering, Inner Engineering)

Dr Kathy Panoutsos M.D

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WEIGHT LOSS WITH YOGA (Excellent Weight Loss Epic)

Synopsis

Book is clear and simple in explaining the benefits out of Yoga with respect to both Physical and Mental aspect. As in today's world, we all are exposing to a prominent disease of plethora which is due to stress and a continuous concern to perform well. But yoga practice will evolve and may deepen to handle the stress. Yoga asanas not only provides benefits for your mind but also supports us in keeping ourselves flexible; providing a stretchable body. Then, comes what is the use of having a stretchable body? It makes you to complete the task on easy manner and to have a strong health with complete fitness.

Uniqueness of the book is it remains a quintessential guide for the new comers and also ensures that you are not miss-guided by other source of information, as it provides the tips to be taken care and avoided during Yoga for the new comers – The primary mistakes that takes place in trying out new exercise is have some try on our own and do not consult with the experts, doesn't make money worth spending. Progressively, we do have lot of yoga schools available nearby, nowadays. They have their own pattern and style to deal with students. Their teachings vary from one another in many aspects. They take the privilege to share their knowledge and provide inspiration over yoga. Always be shrewder to work smartly and join a yoga school with all facilities. In an ordinary gym, chance of being boring is high due to practice of monotonous exercises every day. Habitually, specialty of yoga is that, it keeps you interesting and never gets you fed up, since it has got thousands of techniques and exercises to try out and get rid of various issues related to health. Conveying those thousands of techniques and exercise to practical is only conceivable through the qualified yoga teacher; who has an immense knowledge on the yoga. They take up the responsibility in helping out us and bring these techniques closure and sort out any difficulties associated in.

A lot of poses in Yoga concentrate on stretching and improving your flexibility from your lower back to hamstrings. So, it's better to choose stretching yoga exercise's during yoga session as we have list of different types of yoga asanas in yoga. Yoga postures like Tadasana or Vrikshasana helps to strengthen the heart, brings equilibrium to the mind. These poses are useful since it calms our mind and leads to steady and healthy heart functioning. There are some poses which makes you feel the heart and increases the respiration rate, It is known as heating and strengthening posture – Utkatasana (Chair pose).

Hot yoga and Bikram yoga are known for the tremendous effects on your body. All the postures in yoga techniques give an exceptional result. One of the most advanced asanas requires strength, balance and flexibility, done when one is standing. It is usually held for shorter times than other poses, since requires energetic, uplifting and opening. This category of yoga postures, involves various postures such as: standing sideways while bending one arm; bending sideways while using both arms; standing on a spinal twist; bending forward while standing; bending backwards while standing; making a triangle pose; making a warrior pose; bending forward with the feet apart; making a tree pose; making a chair pose; bending forward while standing on one leg.

About The Author

Dr Kathy Panoutsos M D has been involved with Healthcare, Beauty, Relationships and Fashion industry for almost a decade. She has researched fashion, healthcare and beauty in deepest sense. Due to her passion in health and well-being, she has written on Yoga, Acne, Diet and Human relationships. She writes for all ages and uplifts the spirit of younger women. She loves to teach, travel and connect with all age groups. She loves to connect with readers.

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