



3 BEST YOGA

EXERCISES
TO BURN FAT

BY JACKIE ALAYON

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DISCLAIMER

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THE 3 BEST YOGA EXERCISES TO BURN FAT

It is well known that the key to a healthy lifestyle and managing your weight is to take regular exercise, eat healthily and get plenty of sleep. It's important to manage stress too, which is not easy these days with the hectic pace of life and the 24/7 culture.

Stress has a lot of undesirable effects on the mind and the body. It is detrimental if you are trying to control your weight, as stress is known to release a hormone called cortisol, which makes the body store fat, particularly around the abdomen. But what if you could do a form of exercise that both reduces stress and burns fat? Well you can.

Yoga could be the answer

Yoga is an ancient form of exercise, which is thought to have originated in India about 5,000 years ago. It combines movements (called postures) and breathing to boost wellbeing. Yoga is most commonly thought of as a 'mind/body' exercise and is associated with relaxation, so can it really help you burn fat? The answer is yes, within certain limits.

Yoga has been proven to have many benefits:

- ✓ The more vigorous forms such as Ashtanga or Vinyasa (commonly known as power yoga) can be very athletic and have aerobic benefits, raising the heart rate for up to 20 minutes.
- ✓ Holding and moving between poses works the muscles in challenging ways, so you can increase muscle tone, but there is little impact on the joints.

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- ✓ Yoga improves coordination and balance and increases flexibility.

With regular practice, yoga can tone the body and burn fat, but it's a good idea to combine it with other activities, such as walking, jogging or cycling, to ensure you get a balanced workout.

But don't I have to be bendy?

Even if you consider yourself to be quite physically fit, joining a yoga class can be intimidating. Trust me, not everyone can get their leg behind their head in the first session! But if you want to give it a try, you can do so in the comfort of your own home. There are many good dvd's on the market, and many informative and easy to follow YouTube channels.

3 of the Best Yoga Exercises to Burn Fat

The best yoga exercises to burn fat are ones that work the full body. Using all of the major muscle groups in novel and challenging ways is a sure-fire way to increase calorie burn. The following exercises are a good place to start if you want an introduction to yoga or if you have a little bit of experience.

The exercises flow nicely from one to the other, and practising regularly, for 10 minutes per day, or every other day will soon make changes to your shape, flexibility and overall wellbeing.

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DOWNWARD FACING DOG



Get down on all fours. Spread your fingers wide, tuck toes under, lift your hips up and back and extend your legs. Walk the feet back, pull up through the hips and press the heels down. Relax the neck throughout. Hold for 4-8 breaths.

This pose stretches the back, opens up the chest and increases upper body strength. This pose is great for anyone who feels stiff or who has back pain from a desk job.

People with recent or chronic injuries to the back, hips, shoulders or arms should avoid this exercise, as should those with high blood pressure. To modify this move, put a folded up towel underneath your hands or use a yoga block until you get more flexible.

To see this pose in action, check out the step by step instructions in this video:

<https://youtu.be/ZVtwWOpN170>

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DOWNWARD FACING DOG, KNEE TO NOSE

From downward facing dog, raise on to your tip toes and draw your knee to your nose. Round your upper back like a cat, and imagine you are drawing your navel to your spine. If you aren't flexible enough to get your knee close to your nose, just aim it in that general direction. Take at least 3 deep breaths then repeat on the other side. This pose strengthens the core, arms and legs, and improves concentration and body awareness.



It is useful for anyone who does a lot of sitting either at a desk or driving, as it promotes increased range of motion of the spine. Note that this pose is not suitable for people with high blood pressure or wrist, shoulder or ankle problems. You can modify this pose by not bringing your knee in as far and rounding your back a little less.

As this pose can be tricky, watch this video for further instruction:

<https://youtu.be/SeEbIPG0Zdc>

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LOW LUNGE POSE

From standing, with feet hip width apart and arms by your sides, step forward with your right foot. Bend from the waist and place your fingertips on the floor, either side of your right foot. Bend your knees slightly and step back with your left leg into a low lunge. Your left leg should be straight and your right leg deeply bent.



Raise your arms above your head. Hold for a few deep breaths, and then repeat on the other side. This move strengthens legs, stretches the hips and opens up the chest and shoulders.

It is great for anyone with tight hips either from a desk job or from sports which involve repetitive movements, like cycling or running. It's unsuitable for anyone with high blood pressure and knee injuries. If you have a shoulder injury, avoid raising the arms above your head; rest your hands on your thigh instead.

You might find it hard to balance at first, so try doing the pose in front of a wall with the toes of your front foot touching the wall. As you progress, try the move with your eyes closed and challenge your balance a little more.

For a step by step guide, check out the video:

<https://youtu.be/aOfniMZY2hk>

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So whatever your fitness level, you can get started with some basic but challenging yoga moves to tone your body and burn fat. Give it a try and say hello to a lean, lithe figure!

What's the Best Yoga Program to Follow for Fat Loss?

If you'd like an all in one solution to burn fat while doing yoga exercises, then I highly suggest you try Yoga Burn by Zoe Bray Cotton.

It's helped me to lose fat and tone up my body. I've been able to drop a dress size and all my friend and family give me compliments.

The advertisement features a woman in a red top performing a yoga pose on the left. In the center, a woman in a black top is shown from the waist up, gesturing towards the product. To the right, there are three boxes of 'YOGA BURN' and two rows of orange capsules. The background is a solid orange color with the text 'YOGABURN' in large white letters, followed by 'Helping Women Get Lighter, Sexier and Happier' and 'Health Reporter Daily' with a plus sign icon. Below that, it says 'Welcome!' in a white script font. At the bottom of the product display, it says 'Strategically Designed' in a teal script font and 'Health Reporter Daily' in a smaller font. A small disclaimer at the very bottom reads 'Results may vary. See Legal Disclaimer.'

[Click Here to Burn Fat With Yoga Burn Today](#)