

Do you feel the urge to [yoga for weight loss](#)? After trying all the sports including jogging, fitness room or even cycling, your motivation always returns to zero.

However, there is this little voice that tells you, "Why not just practice yoga every day?".

If everything comes in practicing yoga, would it be good to lose weight?

If you have already tried all the tips for losing weight, you cannot go on a diet more than a few weeks or you want exercises for fat loss, there is a good chance that you find your happiness in the practice of yoga to lose weight permanently.

If you have a hard time making up your mind, we will tell you why and how to feel good about yourself with yoga today. So, to your carpets, ready? Roll!

### **Why Do Yoga Every Day?**

This is the question we answer throughout this article.

In the USA, 6.5 million people are considered overweight (BMI greater than 30) or 14.5% of the population. In addition, one in two people in the USA is overweight in 2019 (BMI greater than 25). To calculate your BMI, you can [visit here](#) and measure your body fat based on height and weight that applies to adult.

Fast food, saturated fats, prepared meals, people eat more and more bad and make less and less healthy food. They become more and more sedentary: one in two adults does not engage in physical activity.

The **WHO** advocates physical activity equivalent to [10,000 steps per day](#), but 75% of people do not realize.

What is even more worrying is that the youngest are the first victims of this inactivity.

Thus, 18-24 year olds practice less physical activity than 55-64-year-olds.

More work in the office, more motorized electric auto projector, projection screens, lifts... Evolution is not always good.

However, excess fat can have significant consequences and cause many diseases: cardiovascular disease, diabetes, joint problems, respiratory disorders, depression or cancers of many types, including the liver, uterus or breast.

Although obesity does not increase significantly in the USA, it remains a major health problem in the whole world.

### **Do you need to lose weight?**



[How to reduce belly fat](#), when you do not like sports? The practice of yoga can be a good alternative to lose thighs, lose weight hips and achieve its ideal weight.

Yoga is suitable for all possible goals you want to achieve naturally. Indeed, it brings to your body better health, and to your intellect more serenity and confidence.

When there are only 1 or 2 kilos in surplus, it is simply a question of seeing the eating habits in favor of foods burn fat and do a relaxing sport like yoga every day.

However, if it is about ten pounds to eliminate, it is more sensible to train with a true yoga teacher.

Practicable at all ages and by all sexes, yoga also makes you more flexible and agile. So if you want to fold in a box to mail, try yoga!

Similarly, by having all parts of the bodywork through a wide range of postures, practicing yoga can help you lose belly effortlessly and refine your thighs easily.

It also helps to firm up every muscle portion naturally, without having to carry any load.

To get an idea, the important thing is to calculate your BMI for Body Mass Index.

Sites can [calculate](#) it quickly by entering its size and weight.

Here is the official classification of the WHO ([World Health Organization](#)):

### **Less than 16: anorexia or undernutrition,**

- Between 16.5 and 18.5: thinness,
- Between 18.5 and 25: normal body size
- Between 25 and 30: overweight
- Between 30 and 35: moderate obesity (class 1)
- Between 35 and 40: high obesity (class 2)
- Above 40: morbid or massive obesity

If a BMI is between 18.5 and 25, the corpulence is normal. You do not need to go on a draconian diet if you want to lose three or four kilos "too much". Doing physical activity keeps you fit!

If the BMI is greater than 25, it is more or less overweight.

Consulting a doctor or a nutritionist is the best thing to do to find out where this overweight comes from and how to fix it.

### **Overweight can have several causes:**

- **A diet too rich:** a nutrition consultant will be able to give the advice to reduce its fat consumption and improve the quality of its diet,
- **Stress:** the yoga can particularly help relax to not store bad fats and eliminate calories,
- **Lack of physical exercise and life too sedentary:** walking, running, doing yoga and more. There are many solutions to reduce fat!

### **Does yoga make you lose weight?**



We come here! So does yoga make you lose weight and can it help you lose unwanted pounds?

YES! In general!

Indeed, yoga consists of a series of physical postures (asana) more or less tonic and at a more or less rapid pace.

So of course, we will move, tone, strengthen muscles and de-stress!

**Yoga can help find the line or keep it!**

When looking to lose weight, one aspect is very important: pleasure! If we do not take pleasure in doing yoga, we will not be motivated, we will go backward and we risk not achieving our weight loss goals.

Yoga helps firm and sculpt one's body. It can be very useful if you want to have a flat stomach! But yoga is more than just physical exercise!

If a person has big overweight problems, the practice of yoga alone will of course not be enough. It will take more cardio activity to burn the accumulated fat.

But it can help to de-stress and accept oneself by working more on the mental aspect of yoga.

To lose more than 10 kg, it is important to be followed by a professional. The practice of yoga can, however, help a lot in addition to a more intense physical activity.

Yoga will not make you lose weight quickly but its benefits are more to demonstrate to lose belly, work your abs, reduce the appearance of orange peel or even muscle uniformly.

The gentle weight training exercises of yoga associated with a balanced diet can give significant results to lose weight effectively.

### **Types of Yoga: How to Choose The Right Type of Yoga For You**

**Anusara**  
Means "flowing with grace", this form of yoga connects philosophical aspects of yoga with the physical asanas. Anusara yoga aspires to honor the differences in the individual that make them unique

**Ashtanga**  
Ashtanga is a physically demanding form of yoga, in which each movement is linked with breathing. Ashtanga differs from Vinyasa in which the poses always occur in the same sequence.

**Bikram**  
Held in a heated room, Bikram yoga follows a consistent sequence of 26 different poses that focus on stretching and warming the muscles. This is similar to Ashtanga yoga, however the poses are different.

**Iyengar**  
Iyengar yoga focuses on the proper alignment of the poses, and uses many props to do so. This form of yoga is slow and especially good for those with injuries

**Restorative**  
Restorative yoga uses props in order to create a passive pose and allow the body to totally relax in each pose. The environment is calm, soothing, and therapeutic.

**Vinyasa**  
Vinyasa yoga is well known for its challenging movement-based poses. This kind of yoga is upbeat and is similar to Ashtanga, except the sequence is nearly never the same.

**Different Types Of Yoga**

By [thetruthaboutyoga.wordpress.com](http://thetruthaboutyoga.wordpress.com)

There are several Types of yoga. Any form of yoga is based on breathing and harmony between body and mind.

But if one is discouraged by the slow aspect often inspired by yoga, there are more dynamic styles like Ashtanga or Vinyasa that are particularly effective in helping to burn calories and refine.

These forms of yoga also help eliminate accumulated toxins and better listen to one's body and its signals of hunger and satiety.

In addition, many yoga postures regulate the activity of the adrenal glands and thyroid that help regulate our metabolism.

We can also try Bikram Yoga if no contraindication prevents us. It is a question of practicing hatha yoga (the most common form) in a room heated to 40 ° and having a humidity of 40% in order to facilitate the elimination of toxins.

Bikram classes generally last 1h30 and consist of a series of 26 poses and two breathing exercises.

It is mandatory to consult a doctor before practicing this form of yoga.

If Bikram yoga is to be limited to one to two sessions a week, to lose weight quickly, the daily practice of yoga at home can be a good point.

Finally, the practice of daily yoga can be completed by yoga classes indoors or with a home teacher:

- Vinyasa yoga,
- of ashtanga yoga,
- prenatal yoga,
- sophrology,
- positive thinking exercises,
- of mindfulness meditation.

### **Yoga to lose weight: Which postures to favor?**

Associated with healthy food hygiene, consisting mainly of fruits and vegetables, fiber and low carbohydrates, yoga can help you lose weight and especially lose belly.

Pay attention to your general state of health before embarking on the exercises that follow.

In case of doubt, call a yoga professional who will advise you and make you do the exercises without risk of injury.

### **Yoga Exercises to lose weight And Target the Belly Fat!**

#### **The pose of the cobra (Bhujang Asana)**





Do not force if you feel the slightest pain!

*Contraindications: back problems, cervical, hernia.*

This posture strengthens the abs and reduces abdominal fat. It also strengthens the spine and back.

- Lie down on your stomach, legs outstretched,
- Place the palms of the hands on the ground below the shoulders,
- Inhale and lift the chest slowly,



- Hold the position two full breaths,
- Rest the whole body on the ground on the exhalation,
- Repeat 5 times with a rest period of 15 seconds between each repetition.

### **The posture of the bow (Dhanurasana)**



Also called basket position, it may recall memories of awakening to some classic!

*Contraindications: back problems, cervical, hernia.*

This posture strengthens the abdominal strap. It activates the digestive system and is a good stretch of the back.

- Lie down on your stomach, legs outstretched,
- Bend your knees and your ankles with hands,
- Lift your head on the inhale while looking in front of you so as not to hurt your necks and raise your legs as high as possible,
- Maintain this position two full breaths while breathing normally,
- Bring the body back to its initial position on an expiration,

- Repeat 5 times with a rest period of 15 seconds between each repetition.

### **The posture of the Boat (Naukasana)**



This is the best yoga for toning the abdominal muscles. In this exercise one has to sit on a mat and raise his legs to 45° approx. The spine should be straight making the body a V-shape. This exercise increases our body's lower and upper body strength and also cuts down the tummy fat.

One of the best postures for the flat stomach. It also has benefits for the stomach and strengthens the back and legs.

- Lie on your back,
- On an inspiration, lift up the outstretched legs,
- Catching your legs with hands at the calves (knees if it's too difficult),
- Be sure to keep your back straight and your abs tight to avoid getting hurt,
- Breathe normally and keep laying on two full breaths,
- On an expiration, return to the initial position,

- Repeat 5 times with a pause of 15 seconds between each repetition.

### **The board (Kumbhakasana)**



Contraindication: shoulder injury.

The best posture to keep a flat stomach and tone the whole body! It tones the arms, shoulders, back, buttocks and thighs!

- Lie down on your stomach,
- Place hands on each side of the shoulders and push off the ground,
- The hands must be in the alignment of the shoulders, the body must form a straight line from the top of the skull to the end of the toes,
- Take care not to dig your back,
- Maintain the position as long as possible by breathing normally,
- Release the pose on an expiration.

### **The wind liberation posture (Pavanamuktasana)**



This posture relieves lumbar pain while regulating the acidity of the stomach. It helps tone the abdomen and hips.

- Lie on your back,
- Bend your knees and bring them back to the chest on the exhalation,
- Put pressure on the abdomen with your thighs,
- On an exhalation, raise your head to try to touch your knees with your chin, without forcing on the cervical, it is the upper back that works,
- Breathe deeply and hold the pose for two full breaths,
- Resume the initial position on an expiration,
- Repeat 5 times with a pause of 15 seconds between each repetition.

With regular practice of these five postures, the results should soon be felt!

**Eagle Yoga Pose: The posture of the eagle to fight cellulite**

# Eagle Pose

(garudasana)



- Contraindications: ankles, knees or fragile shoulders.
- Better than an anti-cellulite cream, we present you the posture of the eagle!
- It strengthens the muscles of the thighs deeply but especially gently.

- It softens and tones the calves, thighs, hips and ankles.
- It softens and relaxes the arms and shoulders.
- This position also increases concentration and balance.

And because it is a little more complicated than the other positions mentioned, contact us and let us explain it to you!

### **A healthy mind in a healthy body: [yoga to lose weight](#)**

Losing weight fast is not the only benefit of practicing yoga: you will feel liberated!

The benefits of Yoga are many (and not just to keep your line):

1. Gain flexibility
2. Manage stress
3. Learn meditation
4. Enjoy an activity at home
5. Improve concentration

### **Lose weight thanks to anti-stress yoga**



Yoga helps manage stress. Many stressed people gain weight.



- If the stress cuts the appetite of some, it sharpens that of others.
- We are stressed so we eat and grow. Regular practice of any form of yoga decreases the level of stress.
- We are more relaxed and we do not need to nibble between meals to evacuate this excess stress.
- It's intimately linked to stress. A stressed person will sleep less well.
- Some meditation or yoga exercises before sleep can reduce the level of stress and thus improve the quality of sleep.

We have no trouble falling asleep, we do not wake up at night and when the alarm rings, we are tired.

### **Harmony as a goal to reach**

Beyond a sport, yoga is above all a philosophy of life and introducing it into your daily life can change a lot of things. We feel better in his head and therefore in your skin.

*To try yoga is to adopt it in its way of life*

You will see, it is nice to say "meditation, it's not for me", "yoga is too slow, I need to let off steam" or "I do not like it at all link with the spiritual", one generally adopts all the facets of yoga as long as one is initiated correctly.

### ***We are aiming for harmony between body and mind***

Even if you have more than 10 kilos to lose, you will see that after a few yoga sessions, your pounds that would ruin your life will seem more superfluous.

The practice of yoga is not a competition, all teachers will tell you: neither with others nor with oneself. The ultimate goal is not to succeed in doing all the postures, to lose X kilos or to reach its limits, the goal is to make peace with oneself to better live with oneself.

Of course, yoga can be practiced at home, without the help of anyone, but when you start, you sometimes need a boost to get the motivation.

Eat less and healthier, is it the secret delivered by sports coaches specialized in yoga?

### **Why hire a trainer specialized in yoga?**



Engaging a fitness trainer specializing in yoga can be a very good solution that you need to:

1. [Lose weight of the belly](#),
2. Lose weight,
3. Lose arms,
4. Losing hips,
5. Lose buttocks,
6. Refine your breeches,
7. Lose weight of the face,
8. Lose cellulite.

The advantage of a fitness trainer, it is above all that he also has another training than that of yoga.

If he considers that you need more physical exercises to lose weight quickly, he can give you advice and make you jump rope, cardio exercises, sheathing, pilates or strengthening the muscle in addition to yoga.

A fitness trainer specialized in yoga will have more knowledge of the body and openness to other practices than an average sports coach. It is for this reason that we recommend looking for both skills in one person.

### **Adopt a healthy diet**

We also advise you to choose a fitness trainer with knowledge of nutrition. He will be able to give you tips to lose weight by eating on:

1. The calories a day you must ingest,
2. The rich foods that you have to banish,
3. An effective hunger cut for afternoon cravings,
4. Etc.

In addition to creating a tailor-made fitness training program, he will be able to make you an adapted slimming program so that you have a dream body (according to your own criteria).

### **The fitness trainer as a source of motivation**

- A fitness trainer is also a good way to motivate yourself.

- Alone at home, we often tend to give up pretty quickly his good resolutions while a teacher who gives you lessons once or twice a week, you cannot cut!
- No way to scroll, you will have to do the exercises he gives you.

### **Some additional tips:**

1. Green tea is an excellent antioxidant,
2. Green vegetables have a low glycemic index,
3. Meal replacements are to be banned: they are usually rich in sugar or salt,
4. White meat is less caloric than red meat,
5. Drinking a lot of water cuts small appetites,
6. Avoid fast sugars in the morning and prefer salty and fatty foods like eggs and whole wheat bread,

Ban the diets! High protein diet, Dukan diet, cabbage soup, none have proven themselves and yo-yo effect. The key is a balanced diet, neither too rich, nor too poor and the practice of regular physical activity to be in shape.

Ask our [fitness trainer](#), they will tell you the good news!

### **Synthetic:**

- No need to embark on all fad diets to lose weight! Favoring a healthy and varied diet and exercise is often enough to keep your weight of form.
- Yoga is not a magic practice to lose weight, but it is useful for toning the body and building it up smoothly.
- Yoga, in addition to allowing weight loss, is a natural anti-depressant. It will help you evacuate your stress and your negative thoughts. The vicious cycle of stress-nibbling-pounds is broken, hello virtuous circle yoga-balanced diet-healthy body!
- A sports coach specializing in yoga can also provide you with nutritional advice and a complement of more intense physical activities.
- Be careful not to get hurt in the practice of postures proposed. Feel free to contact us and move at home or at your place of work!

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## **More Effective Yoga Exercises to Burn Belly Fat**

### **Introduction:**

Yoga is one of the best ancient form of exercise and stress buster. It is the best way of fighting against long term diseases and keeping oneself fit, healthy and active. Yoga is a way of exercise through which we can focus and gain control over our mind, soul and body. It especially is an effective and efficient one in fighting against stubborn stored fats.

Yoga is in process by the people ageing above 40 years mostly for losing weight. If done with discipline the results are shown sooner within at least 3 weeks.

**Yoga helps in the transformation of our body in a vast number of ways.**

**The multi-gains are:**

- a) Lowers the risk of heart related issues
- b) Improves brain functioning
- c) Lowers our stress levels
- d) Increases flexibility of the body
- e) Lower's the body's blood pressure
- f) Improves one's lung capacity
- g) Reduces chronic neck and spine or back pain
- h) Helps in relieving anxiety
- i) Lowers blood sugar levels in diabetic patients
- j) Helps in improving sense of balance
- k) Strengthens bones
- l) Customises body weight
- m) Stimulates the liver
- n) Purifies the blood and removes harmful chemicals
- o) A strong liver eliminates unwanted fats from the body

**Most Common Yoga Poses To Lose Weight**

## **1. Warrior Yoga Pose**

# HOW TO DO THE WARRIOR II



The **benefits of warrior pose** is that it stretches and open the sides of the body and improves the balance, concentration and body strength. It also energises the complete body, improves circulation of blood and strengthens muscles.

Effective for people with back pain.

## 2. Chair Pose



Chair pose or Utkatasana is the best yoga exercise to strengthen and tone the muscles of back, hips, glute, ankle and the knee. This **yoga exercise** is named so as the body poses like the shape of a chair. There may be pain felt in one's legs in the early days but gradually it will vanish.

## 3. Cobbler's Pose



The cobbler's pose or Baddha Konasana is one of the easiest and **most helpful pose of Yoga**. In this one need to sit down with a straight spine, knees bent and soles of the feet facing each other. In helps in weight loss by stimulating abdominal muscles.

#### 4. Locust Pose



The Salabhasana or the Locust pose is the **best asana for weight loss** as it stretches the whole body from the thorax to the abdomen, upper and lower back and buttocks. The posture should be made with face down and the palms facing the ground lifting the legs without bending the knees. This yoga exercise helps in reducing the fats near the hips.



## 5. Camel Pose



The Camel pose or the Ustrasana targets the most stubborn fats accumulated in the stomach, back and thighs. The posture demands to bend backwards, stretching out the chest and tummy. The weight of the whole body is felt in the arms. This posture is useful to **reduce fats** in almost all the areas of the body.