

Yoga for Weight Management

As you may be able to guess, some of the top New Year's resolutions this year (as in most years) are to lose weight, get fit, reduce stress, or anything along those lines. However, each year thousands of us decide to jump on the crash diet wagon or submit ourselves to an intense fitness plan that we only end up quitting after a few months. I am sure that some of these regimens may work, but will they last? I believe rather than trying a quick fix, we truly need to look within ourselves and change our lifestyle for good. The best way I have found to do this is through the practice of yoga.

Yoga provides great physical benefits through toning our body, strengthening our muscles, and increasing our range of motion and flexibility. In addition, it also helps improve our digestion, increase our metabolism, and improve circulation; all things that help our body perform its essential functions better. Through breathing techniques and meditation yoga can decrease stress, which is a large contributor to many health problems today. Most importantly though yoga will help you reconnect with your body and bring about a better awareness of your lifestyle, your choices and your actions. It can be a great way to help change your mind set and help you set forth on a better life path to a healthier you!

If you are looking to lose pounds quick, yoga will not give you the instant benefits you may receive through an intense cardio program; however it can be a great supplement to any workout regimen. This is a form of exercise that can be done by anyone, at any size, physical ability and age. The great thing about yoga is it is truly about you: no competition, no judgment, and only internal awareness. At our studio, we have people of all varieties that are there for many different reasons. Yet, we all practice together; taking each pose to our own level, and allowing that hour of practice to be just about ourselves. That is the beauty of yoga! So, if you are looking for a way to reconnect your mind and body this is the best fix you can find! I challenge you to try it out and see the results for yourself.

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