

Yoga and Weight Loss

Yoga is renowned for its capacity to reduce stress, enhance flexibility and improve muscle tone and strength. However, it's not so well known for its contributions to weight loss. Most people don't think of yoga first when they want to burn calories. That's why many people are surprised to find that it's a great way to help you lose weight.

Conventional yoga isn't a vigorous type of exercise. While it conditions and tones your muscles, you're not likely to work up a sweat during a yoga session. However, the fact that your muscles are being given a workout means your body is utilizing calories more effectively. So, cardiovascular exercise will yield better results if you also practice yoga regularly. At the core of yoga is the discipline of both your body and mind. This should lead to stronger motivation to stick with your fitness routine and to eat healthfully.

A core tenet of yoga is to develop the relationship between your mind and body. This increases your desire to look after your body. This is great if you want to lose some weight but have difficulty motivating yourself.

Conventional forms of yoga have been supplemented with some new techniques that can help you lose weight more easily. These have the advantages of both yoga and aerobic exercise in one package. It's worth your while to investigate the wide assortment of yoga DVDs that are available for this purpose. Following are a few of the most well known forms of yoga.

Vinyasa Yoga: This particular form of yoga involves moving from one pose to another, all the while paying attention to your breathing. There are lots of different poses that you might recognize the name of, including the Sun Salutation. This style of yoga is typically performed in an overheated room so that you sweat profusely.

Ashtanga Yoga: A very detailed type of yoga, it encompasses a number of series made up of individual poses. The moves become progressively more difficult, so you have to learn them in the correct sequence so you can slowly develop the skills necessary to handle the more complex positions.

Power Yoga: This modern adaptation of yoga mixes active, high-speed actions with yogic breathing.

These kinds of yoga provide more benefit to your heart than the more traditional forms of yoga. You won't experience the full benefits of an aerobic workout. But you will still experience the benefits of cardiovascular health and muscle toning, along with improved flexibility. This will no doubt help your weight loss efforts. And these kinds of yoga are great for people who are too busy for more than one workout routine. Yoga and aerobics don't appear to have much in common.

Nevertheless, yoga training can boost the benefits of cardiovascular exercise. And the newer styles of this ancient practice can be a great replacement for your usual aerobics. If you're dissatisfied with the results you're seeing from your normal exercise program, why not give yoga a try.