

WATCH YOUR WEIGHT WHILE AT HOME

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1

WHY TO LOSE WEIGHT

More and more people are getting obsessed with weight loss, which is great. However, the intent behind weight loss is also important. A person shouldn't get obsessed with it just because they want to wear their old clothes, size down, or be like their favourite celebrity. The main reason to lose weight is to attain good health.

Obesity is a silent pandemic; even bigger than Corona. Excess weight can lead to health disorders like diabetes, high cholesterol, hypertension and high blood pressure. Yoga offers holistic health solutions, where the physical, mental, emotional, and spiritual aspects are made critical to the weight loss process. And the best part is that yoga can be done in the comfort of your own home.

Weight loss is actually quite an easy process. But what's important is to balance it out. It shouldn't make you look weak and pale; it should give you good health and strength. Yoga says, 'When you are able to put your mind wholeheartedly towards something, your body becomes active, and you are able to achieve it.' The same applies to weight loss.

Yoga combined with Aharveda nutritional guidance and correct breathing technique can be a highly effective tool for sustainable weight loss!

2

FIRST AADHAR IS YOGIC AAHAR

Food plays an important role in your weight loss journey. Simply exercising and doing asanas won't give you the desired results. You also need to complement it with a good, healthy and clean diet. You are what you eat. You need to be more mindful, of not only what you eat but also how you eat. Chew your food slowly, as it is also a good mindful practice, as well as it helps you to avoid over-eating.

*Chew, chew, chew your food,
Gently through the meal.
The more you chew, the less you eat,
The better you would feel.*

Eat when your body feels hungry and not when the clock says, 'meal time!' For every individual, the food requirement is going to be different. It depends on your age, work, climate, and body requirement. Always listen to what your body is trying to tell you.

A Sattvik diet is light, easier to digest and goes a long way in supporting weight loss, as compared to heavy Rajasik food and Tamasik food which will only make you lethargic.

Try to follow the guidelines of Mitaahara, that is, the habit of eating in moderation. Yoga recommends that you fill 1/2 stomach with food, 1/4 with liquids, and let the remaining 1/4 be empty for the gases to freely move around. We must not overeat and put extra pressure on the digestive system, because that leads to weight gain.

You must include a lot of fresh local vegetables and seasonal fruits in your diet. However, if you aren't able to get your hands on the vegetables, use whatever healthy items you have in the house. You can make a lot of things out of whole grains, pulses, seeds, sprouts, dried nuts, honey, fresh herbs, milk and dairy products, raw vegetables, and healthy soups.

Fruits and vegetables are high in fibre content, low in calories and the fat content is low as well. They are packed with essential minerals and vitamins; which can also improve the tone of your skin and prevent premature ageing.

It can get difficult to be at home during lockdown, but that doesn't mean you open your fridge every 30 minutes to see what you can eat. Don't let boredom be the cause for your binge-eating and late-night munchies. Even though Yoga doesn't recommend eating late at night but if at all hunger strikes pastmidnight, ensure that you make healthy food choices and not packaged or processed food items. During this time, you can munch on nuts, chana, or simple homemade popcorn.

Replace unhealthy food items with healthier options like sugar with jaggery or honey, white flour with wheat flour, chips with potato wedges, tea and coffee with herbal or green tea, butter with ghee,

icecream with yogurt, and chocolates with dark chocolates. Just these little replacements can go a long way to help you lose weight.

<p>Start your mornings with 1 glass of lukewarm water and if needed, have a date/ 2-3 almonds.</p> <p>Late night lockdown meals could include - Turmeric latte, Sabja rose milk, roasted makhana or almonds.</p> <p>*DISCLAIMER - Yogic lifestyle does not promote eating late at night after dinner. However, due to the current situation, many householders are staying up late and spending more time with family. Hence, we have listed some healthy suggestions for such late night hunger pangs. * Rotis made from various grains like wheat, oats, buckwheat, ragi, bajra, corn, multigrain, etc. *Fruits consume local and seasonal produce. *Paneer should be homemade. * For sweet cravings - 1-2 dates, a small piece of dark chocolate, dry-fruit protein laddu. One day a week, you can make it a EAT- Day and eat whatever you like. Avoid junk food at night.</p>			
	Day 1	Day 2	Day 3
Breakfast (7-8 am)	Beetroot poha + TYI Herbal milk	Upma + Nut infused milk	Idli & coconut chutney + Soya milk
Mid-morning (10-11 am)	Nimbu paani & Fruit platter	Coconut water & Fruit platter	Kokum sherbet & Fruits platter
Lunch (1-2 pm)	Cabbage & capsicum vegetable, black eyed pea curry, sweet corn salad, roti, rice and chaas	Sweet potato sabji, cucumber raita, roti, rice and jeera chaas	Methi aloo, tur dal, roti, rice, beetroot salad and mint chaas
Evening snack & beverage (4-5 pm)	Fist-full of chana and singdana + black Herbal tea	puffed rice bhel + black Herbal tea	Wheat khakhra and hummus + Herbal tea
Dinner (7-8 pm)	Dalia khichadi and kadi	Tomato soup and Veg pulao	Stuffed vegetable paratha and green chutney
Day 4	Day 5	Day 6	Day 7
Moong dal chilla + Date infused milk	Rawa dhokla + TYI Herbal milk	Thalipeeth and curd	Dosa and coconut chutney + Herbal Milk
Aloe vera and avla juice along with Fruit platter	Water with soaked sabja and rose petals	Carrot, beet and avla juice	Aam panaha
Jowar roti, vegetable stew, peanut chat and chaas	Whole moong sprouts, shahi Paneer, roti, rice and masala chaas	Parantha, chole, mix vegetable salad and ajwain chaas	Mix green vegetables, Rajma, cucumber tomato salad, roti, jeera rice and chaas
rawa Sheera + black Herbal tea	Nachni coconut laddoo + Herbal tea	Jowar puff bhel + Herbal tea	Sprouts bhel + Herbal tea
Spinach soup and vegetable Biryani	Bisi bele bhat + papad	Uttappam and Sambhar	Carrot soup and Thepla

3

MIND IT...!

There is so much 'new' in the world that we want to do it all! When it comes to weight loss, people become so desperate that they want to try every new trend, diet, recipe, detox regime and hacks! Our minds are constantly bombarded with so many new things that we can't figure out what to let go.

However, listen to everyone, try to understand the core message behind it, and do what suits you and your body.

It is very difficult to control the mind. The first step would always be to calm it down and do one thing at a time. Once your mind accepts something, it is easier for your body to accept it too. Train your mind to not give in to procrastination and lazing around. Let the mind be active and dedicated, and the body will follow.

Once you understand this, your mind will stop bothering you. Plan things and don't get distracted from your ultimate goal of weight loss. It all depends on you how you live your life, whether it's with positivity, zest and enthusiasm or stress, tension and worry.

Bhavas and attitude training is very much a part of the Yogic lifestyle. Techniques like Nishpanda Bhavana and Pratipaksha Bhavana further help to condition our consciousness.

4

WALK-IT-OUT

Walking is one of the best and easiest ways to lose weight at home. I always recommend walking for 30 minutes, twice a day. Your morning routine must include walking. Since the body is a little stiff in the morning because of a good night's sleep, I would suggest that you take a walk first and then practice your asanas so that your body has warmed up.

If you cannot go out, try walking around the house.. If that doesn't suit you, then you could also do some spot walking—simply march in one place, lifting your knees as high as you can and let your arms swing. This will not only help you to lose weight but is also an instant mood lifter, try it and see.

Walking is a complete body workout. It would be further beneficial if you practice mindful walking as if you are walking for the first time, ever. Be aware of each and every step, your feet, your arms, your breath, the environment around you, the wind touching your skin, and even the sweat. Try to be one with your activity and get the most out of it. Slowly, it will start showing you positive results in the body.

So, walk as much as you can, whenever you can. Once the lockdown ends, you can also park your cars a little away from your final destination so that you can walk a little.

5

JUST STRETCHING

You must always start and finish all your yoga practices with some gentle stretches, known as Sahaj Bhavasanas.

- Loosen up and free your neck by doing slow rotations in a clockwise and anticlockwise direction, looking up and down, and side-to-side.
- Practice Yastikasana whenever you can. It's a simple technique in which you pull your arms above your head and toes downward. Basically, you stretch and pull your body in opposite directions. You can do this in bed as soon as you wake up, or in the middle of the day as well.
- Gentle shoulder rotations also help to open up the tight shoulder joints.
- You can also do Namaskar Mudra but behind your back!
- Don't forget to stretch and relax the wrist and ankle joints as well.
- In the standing position, gently bend forward and backward to loosen up the back muscles.
- Another easy loosening exercise that also helps with weight loss is hip walking. Simply sit on the floor with your legs stretched in front of you, and try to walk forward and backward - on your hips!
- Lying down on your back, gently lift one-one leg up and bring them down. This again helps to release the tension from the lower back.

Keep practicing such simple Sahaj Bhavasanas throughout the day, and especially before your asana practice. Such simple techniques also go a long way in losing weight.

6

MOVE YOUR BODY WITH ASANA

Just eating well and correctly won't get you anywhere. A person must also be physically active to lose weight. Even 30-40 minutes of daily Yoga practice can bring about great results. You must include a lot of forward bending asanas as we tend to accumulate most of the fat around our midsection and waistline. Instead of being a couch potato, roll out your mat and get moving!

Asanas to Get Rid of Love Handles:

1. Konasana II:

In this asana, we bend laterally from the waist, thereby it streamlines and contours the waistline and abdomen. It also improves the tone of the lateral muscles of the abdomen by stretching them.

For this asana:

- Stand with feet parallel and 3 feet apart.
- Raise your left hand straight up from the side, keeping it close to the ear and the other hand loosely hanging by the side.
- While inhaling, bend from the waist laterally to the right as far as you can go without titling front or back.
- Hold this position for 5-6 breaths and relax.
- Repeat on the other side as well.

2. Trikonasana:

This simple forward bend asana tones the abdominal walls and waist muscles. It is also beneficial for the back, hips, and hamstring muscles.

For this asana:

- Stand erect with your feet together and arms at the side.
- Inhaling, raise both your hands in front, at shoulder level.
- While exhaling, bend forward from your waist keeping both the legs and the spine straight.
- Touch your toes with the tips of the fingers, keeping the arms straight.
- The spine, head, and neck are kept horizontal, the abdomen is drawn in, the eyes fixed on the tip of the nose.
- Stay in this position for 6-7 breaths and relax.

3. Ardha Matsyendrasana:

It tones and strengthens the abdominal muscles. Along with toning the core muscles, it also improves the health of your internal organs.

For this asana:

- Sit with both your legs stretched in front of you.
- Fold your right leg inwards and press your heel against the perineum without allowing your knee to lift up.
- Take your right leg, bending it at the knee, crossing it across your left thigh and place your right foot near the outside of the left thigh and bring your right knee close to your chest.
- Bend the left leg at the knee inwards to place your foot close to your right hip.
- Laterally twist the torso on the right side, let your left hand hold your ankle, in such a way that your right knee comes under your left armpit.
- Exhaling, give more twist to your spine and place your right hand across your back with the palms facing outwards.
- Simultaneously, turn your head and neck towards your right shoulder.
- Stay in this position for 10-12 breaths and gently release.
- Repeat on the other side as well.

Asanas for Toned Legs:

1. Utkatasana:

A simple asana that tones and strengthens the muscles of the legs and pelvis. It also requires you to keep your core muscles engaged. With regular practice, you could lose weight, especially from the hips.

For this asana:

- Stand straight with a one-foot distance between the feet and hands by the side of the body.
- While inhaling, keeping the palms face down, lift your arms at shoulder level, and come up on your toes.
- Exhaling, lower yourself down to a squatting position till your thighs press against the calves.
- Hold this position for 20-30 seconds and slowly release the asana.

2. Hastapadangushthasana:

Since the extremities come together in this asana, it involves a great amount of stretching to the muscles surrounding the major hip joint. It also affects the waist and helps in the flexibility and toning of the lateral muscles.

For this asana:

- Stand straight with the legs together and arms by the side of the body.
- Exhaling, kick your right leg in front as high as possible and grasp the toes with the same hand; keeping the knees straight.
- Stay in this position for 6-8 breaths and release the asana.
- Repeat on the other leg as well.

3. Garudasana:

Improves the blood circulation to the legs, strengthens the muscles, tones the nerves and loses the joints of your legs. It also improves the muscle tone flexibility in your thighs.

For this asana:

- Stand with feet together and hands by the side.
- While exhaling, lift and wrap your left leg around your right knee from the front and take it back from behind the right calf; locking the ankle of your right leg with your left foot.
- Keeping your torso straight, wrap your left arm around the right arm in a similar manner to ultimately join the palms of both hands.
- Stay in this position for 8-10 breaths and relax.

- Repeat with the other arm and leg as well.

Asanas For A Flat Stomach:

1. Hastapadasana:

Intra-abdominal compression provides good circulation and massage to the abdomen and pelvis viscera. It thereby tones the abdominal walls and reduces unnecessary fat deposited in the abdominal area, giving you a flatter stomach.

For this asana:

- Stand with your feet together and hands by the side of the body.
- Inhaling, raise your arms up above your head.
- Exhaling, bend forward and touch the toes, keeping the knees straight.
- Hold the posture for 8-10 normal breaths and release.

2. Dhanurvakrasana:

The final position of this asana resembles a bow. This asana puts great pressure on your abdominal area as your entire body is balancing on the navel area. It improves the blood circulation throughout the body and tones your leg and arm muscles.

For this asana:

- Lie down on your stomach with the hands by the side of the body.
- Bend your knees and grab your ankles.
- Inhaling, raise your head upwards and simultaneously pull your legs upwards, arching the spine, keeping both the legs together.
- Maintain the posture for 10-12 breaths and gently release.

3. Paschimottanasana:

This asana gives an intense abdominal compression that strengthens the core. This further helps to reduce the fat deposits in the abdomen.

For this asana:

- Sit with your legs stretched in front of you.
- Keep your spine, shoulders, and neck straight.
- Inhaling, lean backward keeping both the hands beside the chest.
- Exhaling, bend forward stretching your hands to hold the toes, trying to touch your head to the knees without bending the knees.
- Stay in this asana for 15-20 normal breaths and slowly relax.

Asanas For Strong Arms:

1. Bhujangasana variation 3:

Along with toning the abdominal muscles, Bhujangasana massages and stimulates the adrenal glands as well. It also strengthens the arms and shoulders.

For this asana:

- Lie on your stomach with your legs slightly apart.
- Place your hands on the floor by the side of the chest.
- While inhaling, raise your entire body off the floor, keeping the arms straight.
- Remain in this position for 10-12 breaths.
- While exhaling, return to the starting position.

2. Adhomukha Shvanasana:

A simple technique to strengthen the arms and improve the blood circulation towards the head as well.

For this asana:

- While exhaling from the Bhujangasana position, raise the hips upwards and push the head downwards and inwards to form an inverted V, being careful that the heels touch the floor.
- Hold the position for a few breaths and gently release the pose.

3. Sarvangasana:

You support the weight of your entire body on your hands in this asana. This not only strengthens the arms and shoulders but also keeps your spine flexible. Since there is a slight throat compression in this asana, it also helps to improve the functioning of the thyroid gland.

For this asana:

- Lie supine on the mat with the legs together and arms by the side of the body.
- Gently lift the legs up and take it towards the head, while gradually taking the back off the floor.
- While exhaling, raise your legs up together, toes to point towards the ceiling. The knees remain straight. Use your hands to support the body at the back.
- The chin is set in the jugular notch.
- Maintain the pose for a few seconds and gently release.

Note: To learn more about asanas for weight loss, refer to our book ‘Yoga for All’ or our YouTube Channel

7-DAY HOME PLAN:

Day - 1	Day - 2	Day - 3	Day - 4	Day - 5	Day - 6	Day - 7
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
Basic Warm Ups : Neck-Shoulders-Arms-Leg raises-Hip Rotation-Toe Exercises						
Suryanamaskar x 3 rounds	Suryanamaskar x 4 rounds	Suryanamaskar x 5 rounds	Suryanamaskar x 6 rounds	Suryanamaskar x 7 rounds	Suryanamaskar x 7 rounds	Suryanamaskar x 7 rounds
Standing Postures :	Standing Postures :	Standing Postures :	Standing Postures :	Standing Postures :	Standing Postures :	Standing Postures :
Talasana 1 & 2 : 2x	Talasana 4 : 2x	Talasana 3 : 2x	Ekpadasana : 2x	Talasana 1 & 2 : 2x	Ekpadasana : 2x	Talasana 4 : 2x
Utkatasana : 2x	Ekpadasana : 2x	Utkatasana : 2x	Trikonasana : 2x	Utkatasana : 2x	Chakrasana : 2x	Konasana 2 : 2x
Trikonasana : 2x	Chakrasana : 2x	Hastapadasana : 2x	Chakrasana : 2x	Konasana 1 : 2x	Trikonasana : 2x	Hastapadasana
Hastapadasana : 2x	Konasana 1 : 2x	Konasana 2 : 2x	Konasana 3 : 2x	Hastapadasana	Konasana 2 : 2x	Konasana 3 : 2x
Sitting Postures	Sitting Postures	Sitting Postures	Sitting Postures	Sitting Postures	Sitting Postures	Sitting Postures
Parvatasana Classical : 2x	Parvatasana Var. 2	Parvatasana Classical : 2x	Parvatasana Var. 2	Parvatasana Classical : 2x	Parvatasana Classical : 2x	Parvatasana Classical : 2x
Parvatasana Var. 1	Pascimmottanasana : 2x	Parvatasana Var. 3	Vrshasana	Parvatasana Var. 1	Pascimmottanasana : 2x	Parvatasana Var. 1
Yoga Mudra	Purvottasana : 2x	Vakrasana	Yoga Mudra	Vakrasana	Yoga Mudra	Virasana
Bhadrasana	Gaumukhasana	Ushtrasana	Padmasana	Ushtrasana	Padmasana	Bhadrasana
Prone Postures	Prone Postures	Prone Postures	Prone Postures	Prone Postures	Prone Postures	Prone Postures
Bhujangasana : 3x	Bhujangasana : 3x	Bhujangasana : 3x	Bhujangasana : 3x	Bhujangasana : 3x	Bhujangasana : 3x	Bhujangasana : 3x
Shallabhasana : 2x	Dhanurvakrasana : 3x	Shallabhasana : 2x	Dhanurvakrasana : 3x	Shallabhasana : 2x	Dhanurvakrasana : 3x	Shallabhasana : 2x
Makarasana	Makarasana	Makarasana	Makarasana	Makarasana	Makarasana	Makarasana
Supine Postures	Supine Postures	Supine Postures	Supine Postures	Supine Postures	Supine Postures	Supine Postures
Uttanapadasana : 2x	Yashtikasana		Uttanapadasana : 2x	Yashtikasana	Uttanapadasana : 2x	Yashtikasana
Setubandhasana : 2x	Supta Padanghushtasana : 2 variations	Supta Vakrasana : 2 Variations	Paryankasana : 2x	Supta Padanghushtasana : 2 variations	Paryankasana : 2x	Setubandhasana : 2x
Pavanmuktasana	Matsyasana	Sarvangasana	Pavanmuktasana	Matsyasana	Sarvangasana	Pavanmuktasana
Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana	Shavasana
Pranayama	Pranayama	Pranayama	Pranayama	Pranayama	Pranayama	Pranayama
Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets	Yogendra Pranayam -1 (Equal Breathing) : 2 sets
Yogendra Pranayam - 2 (Intercoastal Breathing) : 2 sets	Yogendra Pranayam - 7 Kumbhaka : 2 sets	Yogendra Pranayam - 3 (Clavicular Breathing) : 2 sets	Yogendra Pranayam - 6 & 8 (Puraka - Rechaka) : 2 sets	Yogendra Pranayam - 4 (Diaphragmatic Breathing) : 2 sets	Yogendra Pranayam - 7 Kumbhaka : 2 sets	Yogendra Pranayam - 6 & 8 (Puraka - Rechaka) : 2 sets
Yogendra Pranayam - 4 (Diaphragmatic Breathing) : 2 sets	Yogendra Pranayam - 5 Shunyata : 2 sets	Suryabhedan-Chandrabhedan : 2 sets each	Sheetali-Sitkari : 2 sets	Yogendra Pranayam - 9 (Anuloma Viloma) : 2 sets	Suryabhedan-Chandrabhedan : 2 sets each	Yogendra Pranayam - 4 (Anuloma Viloma) : 2 sets
Bhrahmari : 7x	Bhrahmari : 7x	Bhrahmari : 7x	Bhrahmari : 7x	Bhrahmari : 7x	Bhrahmari : 7x	Bhrahmari : 7x
OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)	OM Chanting : 3x (Optional)

7

BREATHE RIGHT

To lose weight, you first need to have a calm mind. It is only when you set your mind to something, will you be able to achieve it. Since we can't directly control and instruct the mind, we can do so by controlling our breath. Hatha Yoga Pradipika says, 'Chale Vatte Challam Chitta, Nishchale Nishchalam Chittam,' which means, as the breath moves, so does the mind; when one is steadied, the other too becomes steady.

When the mind is calm, the emotions are in check. Pranayama is an excellent way to control your breath and mind. Here are 3 Pranayama Techniques that can help you to lose those extra kilos:

Anulom Vilom Pranayama

This pranayama is known to balance out the pranic channels. With regular and consistent practice, this pranayama can bring the Ida and Pingala Nadi in a balanced state. This, in turn, helps to stimulate the Sushumna Nadi, which is the central channel. Thus, it helps to balance the two hemispheres of the brain. Bring about peace, tranquility, and healing the body by removing the toxins.

Steps to this pranayama:

- Sit in a comfortable meditative posture, and with your right hand's ring finger, little finger and thumb, control your nostrils.
- Close the left nostril with the ring finger and inhale for two-seconds from the right nostril.
- Hold your breath for four-seconds by closing both the nostrils.
- Open the left nostril and exhale for two-seconds.
- Inhale immediately from the same left nostril for two-seconds.
- Hold the breath by closing both the nostril for four-seconds.
- Open the right nostril and exhale for two-seconds.
- This is one round of Anulom Vilom, you can do 20 rounds of these.

Yogendra Pranayama IV (Abdominal breathing):

With this simple pranayama technique, breathing becomes longer, deeper, steadier, and continuous. The diaphragmatic muscles are also activated and freed in this pranayama. To lose weight, it is essential to breathe right, the abdominal breathing helps to utilise the lung capacity to its optimum. The abdominal muscles are also relaxed and revitalised with this. You are able to achieve balance at

emotional as well as mental level. This pranayama impacts fat mobilisation around the abdominal region and strengthens your abdominal organs.

Steps to this pranayama:

- Lie on your back with your knees bent and feet close to the hips. Place one hand on your navel, and the other by the side of your body.
- Inhale slowly, gradually and fully so that your diaphragm pushes your abdomen out.
- Exhaling, let the abdomen fall down.
- Inhale and exhale for equal counts.
- Practice continuously for about 10-15 rounds.

Bhastrika Pranayama

This pranayama involves a lot of brisk and forced deep inhalation and exhalation, similar to that of an iron smith's bellows. It oxygenates the blood and helps to heal all the organs and tissues. One of the main benefits of Bhastrika pranayama for weight loss is that it directly regulates the endocrine system. It is through this system that the malfunctioning of the thyroid gland is corrected and obesity or the excess weight can be reduced. It also strengthens and tones the abdominal region.

Steps to the pranayama:

- Sit in a meditative posture, like Sukhasana.
- Inhale and exhale deeply and fully using the diaphragmatic muscles with vigour. The abdomen will be pulled in during exhalation and expanded during inhalation.
- A strong nasal sound will accompany this pranayama, which can be used to control and maintain the speed as per capacity and in rhythm.
- Practice 3 cycles with some gap between each round. One cycle can have around 10 breaths.

Note: To learn more about pranayama for weight loss, refer to our book 'Yoga for All' or our YouTube Channel

8

REST TO RESET

For obese people, just constantly moving around is not recommended. Even to lose weight, you need to give your body some time to rest and reset itself. Sleep is one of the main things that you need to give to your body. It is only in the sleep that the repair work of the entire body takes place. When we are working out, moving around, and breaking a sweat, our state of mind is restless-Rajasik. To balance this mind out, we need a happy and calm mind as well, which we can get only in sleep. People with such a mind can easily progress in whatever path they are walking on.

The night is meant for rest and day is meant for activity. Ensure that you go to bed by 10 PM. The pituitary gland functions well during the night time. It is during this time that the growth hormones are secreted, which helps to heal and repair the body.

According to a Research conducted by the University of Chicago Medical Science, sleep is one of the essential component for losing weight. They say, “If your goal is to lose fat, skipping sleep is like poking sticks in your bicycle wheels.” When a person gets good amount of sleep every night, it just accelerates the process of weight loss. When the sleep gets restricted, you tend to feel hungrier, and your overall energy goes down.

Respect your body and mind by giving them rest, only then will they be able to perform to their optimum levels.

Shavasana

Another great yogic technique to give rest to your body and mind is Shavasana. True relaxation that completely resigns the body to the laws of gravity, and the mind to nature. Whenever physical or mental fatigue is experienced, or the mind is agitated, the practice of Shavasana is recommended. Just simply lying down on the mat, while observing the body and breath can relieve muscular and nervous tension.

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BYE-BYE STRESS!

Stress is one of the worst things for your health. Whether you want to lose weight or just improve your health, the first thing that you need to bid adieu to is stress.

Most of the people don't realise this but stress is usually their cause for weight gain. A lot of people complaint to me, "Hansaji, I eat so less food yet I am not losing any weight." I just smile and ask, "Does that stress you?" 9 out of 10 times, the answer to that is "Yes".

Stress has a direct impact on your weight and overall health. It can play around with your appetite, your moods, and even your weighing scale! When the body is under stress, it releases a hormone known as 'Cortisol.' This hormone has a domino effect on your health. First, it provides you with so much energy, that you feel that your body needs more food as fuel. Then it throws your emotions and logical thinking for a toss. When stress hits you, you turn towards food for comfort.

Being under constant stress won't help you to lose weight, and even if you do so under such circumstances, it wouldn't be in a healthy manner.

Some Yogic Techniques that can help you to beat stress are:

- Meditation
- Nishpandha Bhavana
- Anulom Vilom Pranayama
- Deep Breathing
- Shavasana

While staying at home, don't let stress get to you. Find out creative outlets to channel all the stressful energy. Indulge in drawing, singing, dancing, sitting in the balcony, mandal making, and anything that interests you, which will in turn lower your stress levels.

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LITTLE HABITS GO A LONG WAY

1. Never skip your breakfast. You need most of your energy throughout the day and not night, so have a nice and healthy breakfast and a light dinner. Skipping breakfast would only mean additional extra kilos.
2. Drink two glasses of lukewarm water every day on an empty stomach in the morning. This is a simple yet effective tool for weight loss.
3. Eat only when you are hungry. Try to listen to your body.
4. Be mindful of whatever you are doing, so that you get the most out of your activities. Avoid distractions like television, social media, and WhatsApp when you practice your asanas or even when you eat your food. Do all your activities with awareness and in coordination with your breath and mind!
5. Keep sipping water or any healthy liquids throughout the day. You should have at least 12 glasses of water every day. Keeping yourself hydrated will not only keep the bloating away but also flush out all the toxins.
6. The faster you cut fast food items from your life, the quicker your body will start pacing towards good health.
7. Drink one glass of water 30 minutes before your meals, so that your stomach feels full and you don't overeat.
8. Try to switch to lukewarm water as it cleanses the body from inside, releases toxins, aids in the digestion process, and helps with weight loss. You can also use this as a Natural Detox by adding salt and lemon juice to the warm water. This will not only trim your belly fat but will also be a good detox plan.
9. Reduce or avoid the intake of tea, coffee, chocolates, and table salt as they affect the Central Nervous System.
10. Always pre-plan your meals so that you stick to healthy eating and don't waste time thinking about what to eat. This way you can also avoid binge-eating junk food. This will also stop you from ordering unhealthy food from outside.
11. Switch to smaller plates and bowls, so that your portion size also reduces. Eventually, you will get habitual to eating in smaller quantities.

THE POWER OF POSITIVE THINKING

If you are constantly frustrated and negative about your body and are putting yourself down, then you will never ever progress in this weight loss journey. It would only lead to a temporary reduction. You will lose a few kgs, but you will have the tendency to put on instantly. What is required is a positive state of mind, no bodily obsession and a dedicated & sustainable effort!

To progress on this journey, you need to reframe your state of mind.

“Oh! I am very fat.”

“My clothes don’t fit me anymore”

“My tummy keeps on bulging”

This negative state of mind won’t take you anywhere. Your first step is to love and accept yourself just the way you are. Learn to appreciate yourself and be a little gentle. Instead of finding faults in yourself, try to look at your positives.

“I am healthy” - This is all that really matters.

However, if you want the affirmations to take you one step closer to your ‘ideal’ weight, then frame your thoughts in a similar manner.

“I weigh xx kgs, I am healthy, happy and positive.”

“I look great in my new outfit”

You can also keep an old picture of yours as your mobile wallpaper to motivate you! So much you can do to stay on the positive track!

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GOOD HEALTH MANTRA

There is a beautiful story in Mahabharata when Bhishma was lying down with Arjuna's arrows and the Pandavas ask him to share some wisdom for the last time. To this, Bhishma says a few things which we can use in today's time as well:

1. You live in your body. Your body is your home. So it is your duty to keep it healthy and fit! Don't do anything which will harm your body. So practice your asanas well.
2. Respect time. We are all under time pressure but that shouldn't keep us from looking after ourselves. 'I don't have time to do Yoga.' Well, you will have to manage your time well to look after your health.
3. Do everything with all your heart and emotions. It is only when you enjoy a given activity that you are able to perform better. Love your body and your asanas, along with your food, and your life, for you to appreciate it and live in a better manner.

Your Good Health Mantra can be as simple as:

1. Today I'll do five asanas, no matter what!
2. I'll make sure to sleep by 10 PM and not touch my phone after 9:30 PM
3. My response to stress would be 'breathe in - breathe out'

Yoga is a way of life, you can't just practice it for one hour on the mat. Yoga is supposed to be lived. Fix a certain time and show up on your mat, no matter what! It is only discipline and dedication that can lead you towards good health. Make a resolution that no matter what, whether you have the time or not, 'I will do at least five asanas every day.' We can do this much for ourselves now, can't we?

Take little steps everyday to improve your health and life!

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FAQS ON WEIGHT LOSS

Q. Can I lose weight with Yoga?

- You certainly can lose weight with Yoga, however, you need to keep in mind that Yoga is a holistic science. It is not a magic pill that will reduce your weight instantly. You need to have a consistent and dedicated practice. Slowly but in a sustainable way, you will definitely see the results.

Q. I have been on a diet for a long time, yet I don't see any considerable difference in my body and weight, why is it so?

- Being on a diet will do you no good. The moment you leave your diet, you will be back to square one. I would suggest that you switch to Sattvik food, as it will not only give you the nutrients but will also help you to lose weight. This type of food is easier to digest and light, which will only make your body supple. Always have a balanced and healthy diet, don't go for shortcuts.

Q. I am not flexible enough due to the excess fat, can I still practice the asanas?

- Yes, you must definitely practice the Yoga asanas. The asanas will only help you to open up the body and start working on reducing the fat deposits. Yoga is for everyone, absolutely anyone can start practicing it. You must only keep your bodily limitations and comfort in mind while practicing anything. Eventually, flexibility and excess fat won't even be a reason for you.

Q. Can I go to the gym while I also practice Yoga at home for weight loss?

- That is your decision. Ideally, Yoga works on all levels and is enough in itself to lose weight. However, if you still decide to go to the gym, always start and finish your gym workouts with some light Yoga stretches and asanas, so that you don't injure yourself.

Q. In how much time can I lose weight?

- It all depends on your dedication, practice, and consistency. Be true to your Sadhana and it will give you results. Practice asanas, pranayamas, yogic diet, and a positive state of mind, and you will definitely get your results.

Q. Do I need to turn into a vegetarian to lose weight?

- You can eat what suits you. However, Yoga recommends a Sattvik Diet, which means a strict vegetarian diet. I wouldn't suggest making drastic changes in your diet otherwise it will disturb the body but you can make gradual changes. Let your body slowly grow into the diet and lifestyle that you are trying to develop for yourself.

Q. I keep losing hope and weight loss is a slow process. How do I not let this disturb me?

- Well, it's a good thing to identify first whether a thing is disturbing you mentally or not! Yes, weight loss is a slow process but you have got to trust this process. Train your mind to feel positive and stay affirmative. Whenever you feel anxious just take a few deep breaths and it should pull you back on the path.

ACKNOWLEDGEMENT

The Yoga Institute always believes in serving society. Owing to the current world scenarios, we wanted to take the science of Yoga to every household and help people with their health. This led to the conception of this new book to revive the yogic techniques in motivating weight loss.

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I hope this book benefits all the readers and practitioners. And it takes forward the core vision of The Yoga Institute to spread the awareness and goodness of Yoga to as many householders as possible.

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