

## **YOGA FOR WEIGHT LOSS & CONTROL**

Yoga should be done with an experienced instructor, especially for those who are doing it for the first time.

One should start by learning the basics of yoga from the instructor. This entails knowing the correct breathing and posture, such as what is done in Hatha yoga classes that specifically aim to improve the body's circulation through its stretching and breathing.

These methods improve one's overall well-being as it allows them to be relieved of stress and fatigue.

Moreover, yoga enables the body to effectively burn fat through certain postures and stretching techniques.

Some examples would be certain poses on the abdomen that actually facilitate digestion or those that assist the pancreas with its hormone excretion function.

Other than improving one's health and well-being, poses learned in yoga classes improve one's posture and straightens the muscles thereby helping to achieve a better and firmer figure.

By consistently attending yoga classes you should be able to achieve your fitness goals in less time.

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