

# LEAN YOGA

*Shed the Excess Weight from Your Body and Mind*

By: Kim Beinke

*This book is dedicated to everyone on the path of yoga. The journey is the goal.*

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What next...

## Introduction

I want to thank you and congratulate you for downloading the book, “Lean Yoga, Shed the Excess Weight from Your Body and Mind”. Being lean goes beyond just losing weight. It means that you are more flexible, stronger, and more empowered. On a physical level, you will be exploring the art of stretching, flexing, and strengthening beyond your comfort zone. Mentally and spiritually, you will be restoring the forgotten connection between mind, body and soul. This disconnection that you had been carrying around with you had led to all those obnoxious, self-destructive, and self-abusive behaviors, causing self-abandonment.

When coupled with a good, balanced diet, regular practice of yoga will help you manage your weight physically, mentally, and soulfully. Research shows that regular practice of yoga and meditation can alter the functioning of the brain, resulting in a drastic change to the natural functioning of your genes.

Yoga gives you an opportunity to decrease inflammation, lower the levels of stress hormone *cortisol*, and increase the lifespan of the cells. In short, with yoga, you can enjoy a longer, healthier life on this earth.

Yoga teaches you to honor your body, mind and soul and the Divine connection they share. When you embrace the movement of your body, as you hold a posture, whole-heartedly, it reciprocates the love, shaping itself according to your desire.

This book provides a sequence of yoga poses that have been designed to melt away the excess weight and fat you have stored in your body and whatever burdens your mind. It also improves your balance, strength, flexibility, mental focus and sleep. It also fosters a feeling of love and awareness accentuating the benefits you reap from practicing yoga. This heightened awareness gained through practicing yoga can motivate you as well to cook more health consciously and do your grocery shopping more health consciously, helping you to shed those unwanted pounds.

The breathing technique outlined at the end of this book will help you reduce stress and help you focus on your goals with more clarity.

In simple words, this book aims to restore your natural balance. When you are balanced in all the realms, it becomes easier, actually effortless, to lose weight and maintain your ideal

weight. All you have to do is to be willing. When you are willing, your Inner Self or Higher Self will do the rest for you.

By practicing this Lean Yoga sequence regularly you will see positive results quickly. Health is the ultimate wealth. So take a vow to consciously give yourself the gift that money can not buy.

Past is just a memory and future, a mystery. What matters is the only present. Only this moment – now is the truth. So start now!

Namaste!

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## What to Expect

This sequence has been formulated to increase your energy, internally and externally. It begins with standing asanas that will bring your focus and attention to the spine, allowing you to tune into the energy. You'll then move on to the seated postures that stretch and open up your spine, allowing the energy to flow through it. The inversions follow, channeling energy into the brain. The deeply relaxing and calming Corpse Pose or *Savasana* helps you establish the connection between your mind and body. The breathing technique, which is a meditation on its own, allows you to surrender yourself to your Inner Self.

You will move slowly, smoothly and consciously into and out of each of the poses in a very careful way so that the flow of energy is not disrupted. This conscious movement increases your awareness and thus the energy levels.

Each yoga pose comes with an affirmation that will support the effects of the posture on your consciousness, keeping your mind active, and ensuring that you reach your goals.

So, are you ready to begin a conscious journey towards a healthier you?

# The Ultimate Sequence to Burn & Tone

## 1. Mountain Pose - *Tadasana*

Warm up is essential before any exercise regimen. Mountain Pose or *Tadasana*, also known as Samasthiti, Mountain Pose, is a great way to begin any yoga sequence. It prepares your body and mind for the practice by stretching your spine.

### How to do:

Stand on the mat, allowing your feet to touch each other.

Keep your spine, neck, and head aligned.

Tuck your tailbone and pull your navel as close as possible to the spine.

Inhale and sweep your hands over your head, aligning it with the ears, and joining the palms.

Tilt your head backward and lift your chin to the ceiling.

Fix your gaze on your fingertips.

Once you are stable here, lift your heels off the ground and balance yourself on your toes.

Hold the posture for 5 deep breaths.

**Affirmation:** *I open up to my Inner self for guidance.*



## 2. Chair Pose - *Utkatasana*

Awaken your awareness and focus by balancing your body as if on invisible chair. Chair Pose or *Utkatasana* is known to improve your balance and stability by working on your core.

### How to do:

Move into this pose from Mountain Pose or *Tadasana* without changing your hands.

On the last exhale in Mountain pose, bend your knees and push your hips back as if you were sitting on a chair.

Engage your core allowing drawing your navel closer to the spine.

Stack your knees over your ankles in such a way that your toes are visible.

Fix your gaze on your fingertips.

Hold this pose for 5 deep breaths.

**Affirmation:** *I love and accept myself unconditionally.*



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