



hyp-yoga®

[www.hyp-yoga.com](http://www.hyp-yoga.com)

## Hyp-Yoga Newsletter January 2010

Happy New Year! I have a feeling that 2010 is going to be your year. I know it's going to be mine! With all the changes (good and bad) that have occurred in 2009, 2010 feels like it has no where to go but up. All will be well, and all shall be well...

New Years is the time where it really does feel like “the first day of the rest of your life.” You might have sworn off Resolutions, but the turning of a new calendar page does elicit feelings of a fresh start. It's time to live consciously, eat healthy, take care of your body and renew your mind. Let us (Carly, Kim and Becky) help!

Here is a little help and some practical tips for starting off the new year healthy and even start you (or keep you going) down the weight loss path!

Becoming your ideal self is an ongoing process that goes beyond just setting goals for personal improvement and weight loss, but also embarking on a lifelong journey that necessitates a balance between working toward your goals and relaxing and enjoying each step in the process. We can reach our goals faster while still enjoying life fully by using our natural connection between the mind and the body with tools such as yoga, self-hypnosis, affirmations and visualizations.

Hyp-Yoga's programs use yoga as a tool to open your body and calm your mind so that you are ready to make positive changes in your behaviors and thought patterns that will lead you more quickly to your personal goals. We can do this with both live and audio/dvd classes, but you can get started right now with a few steps on your own.

### Your Goal – Lose Weigh and/or Maintain Healthy Living

Many times the reason you cannot seem to lose weight is because of the high amount of stress and the low amount of sleep you are getting. When you are stressed out or even when you are not giving your body the chance to rest properly, your body subconsciously “thinks” that it is in danger and needs to keep storing your body fat in case it does not get to eat again anytime soon. In this pre-historic response, we burn sugar, our emergency fuel, and keep on the fat, our bodies' energy when it's “safe”. A hormone called Cortisol, also goes into overproduction when you are stressed which also makes your body store fat, especially around your waistline.

Here's what you can do RIGHT NOW to get on the right path. Using yoga and self-hypnosis, your body will start to lose weight as you learn to let it rest and repair itself. More importantly, you will keep the weight off because your mind will be subconsciously motivated by the beneficial suggestions and encouragements you are giving yourself with self-hypnosis.

First off, just take a deep breath. Slow down and breathe all the way down from deep in your belly. Just five deep breaths will act as a “reset” button for your body and put you in a place where your body can go back to its natural, working order.

Yoga Poses: Here are 3 great poses to do to start toning your body and calming your mind.

Click on each pose to get an online video break down of how to do each.

Pose One – Warrior Two, Hold for 30 secs – 2 minutes on both sides, Toning for your lower body

Pose Two – Plank & Side Plank, Hold for 8-10 breaths in Plank and on both sides for Side Plank (Repeat as you like), Toning for your upper body

Pose Three – Child's Pose, Relax and Hold for 10 breaths, and as you hold concentrate on how your breath feels as it moves in and out of your body, Relaxation for your body and mind

Sun Salutations are also one of the ways you can get a low impact cardiovascular workout in yoga. To do an entire Hyp-Yoga practice with sun salutations you can order the DVD Program by clicking here. :)

After your yoga practice, you will be ready to make permanent changes in your behaviors and thought patterns.

**Self-Hypnosis:** Resting comfortably (either sitting or laying down) we can practice self-hypnosis by first taking in 3 deep breaths and then for 2 minutes repeating the mantra: "I am secure and relaxed, my body is burning fat." Just let the words float in your mind. If they become jumbled that is fine and maybe by the end you are only focused in on one or two words as you visualize what your mantra means.

Many of our weight issues stem from years of emotional eating and negative thoughts. To break these chains, we need strong reinforcement. May we suggest the Hyp-Yoga Audio Class – Freedom from Emotional Eating. You can either purchase this as an MP3 download online or have a CD set to you in the mail. <http://www.hyp-yoga.com/hyaudioclasses.html>

### **Want some Scientific Proof?**

**STUDY:** Between 1970 and 2004, 18 clinical trials in 6 countries examined the effects of yoga on weight loss. Six of the 8 uncontrolled clinical trials and 3 of the 4 nonrandomized controlled studies identified reported improvement in body weight or composition after yoga-based interventions ranging from 4 weeks - 12 months. Of those studies reporting improvement, yoga practice was associated with a 1.5% to 13.6% reduction in body weight.

**REFERENCE:** From Journal of the American Board of Family Medicine  
"Risk Indices Associated with the Insulin Resistance Syndrome, Cardiovascular Disease, and Possible Protection with Yoga: A Systematic Review"

Written By Kim E. Innes, MSPH, PhD; Cheryl Bourguignon, RN, PhD; Ann Gill Taylor, MS, EdD, Published: 01/06/2006