

MY IDEAL WEIGHT WITH YOGA



LOVE YOUR BODY WITH YOGA

“I accept myself as I am. My great inner self strength helps me to reach and keep my ideal weight”

The ancient Oriental discipline of Yoga is becoming more and more widespread today among children, teenagers and adults. Our western society is in fact becoming aware of the several benefits that a regular yoga practice can bring to everyone.

These benefits can be important both for our body and for mind:

physical mental psychological spiritual energetic

When all these aspects are perfectly in balance, we can experience a feeling of harmony and well-being. On the contrary, their imbalance can lead us to many diseases.

The science of yoga can therefore be in the interest of Medicine itself, as it can help us to prevent many diseases and illnesses. Moreover, it can help us to fight these diseases, when unfortunately they occur.

Main Benefits. The benefits of a regular yoga practise can be seen on various levels:

- Posture improvement;
- Breath control;
- Vital energy spreading:

Tension relaxation Body agility and mind flexibility Better concentration
Better perception of our interiority Emotional control Character strength
Self awareness and confidence, through personality growth, development and change

All these benefits can be reached through the techniques of

- 1) **THE ASANAS or YOGA positions**
- 2) **PRANAYAMA or breathing exercises to spread the Prana**
- 3) **RELAXATION**
- 4) **CONCENTRATION**
- 5) **MEDITATION**

THE ASANAS TO CORRECT AND IMPROVE OUR BODY

Our erratic posture, due to bad habits and involuntary body adaptations, produce a physical and energetic imbalance. The yoga practice provides the acquisition of correct body postures and articular lines extensions and spreads. Through a regular yoga practice, we can help our mind to feel a new physical reality, and we can acquire a posture consciousness through which we can reach the energetic channels activation that make our movements easier. Moreover, we can experience psychological and physiological benefits, which will give us more confidence with our body and this can lead to an improvement of our social life and our relationships.

PRANAYAMA AND BREATHING

While we breath, we do not only inspire oxygen; we inspire vital energy or what Orientals call “Prana” ; this energy has to be well distributed as it has an influence on all our physical and mental functions. Our body must be well in line and we have to maintain a correct posture. The breathing techniques must be learned very well or we could lose this energy, which is precious for our well-being.

RELAXATION

Relaxation through yoga practice allows us to fight stress and anxiety and their bad effects. We can relax both our body and mind. We can fight tensions, anxiety and stress and prevent them from being part of our life as acquired habits.

CONCENTRATION AND MEDITATION

You cannot practice yoga if you are not well concentrated on what you are doing.

Each exercise needs to be well focused and so we need to:

- Improve our attention
- Select visual, tactile and uditive inputs.
- Improve our skills to select these inputs and to open up our mind.

The yoga practice is not a way to isolate oneself from the outer world; on the contrary, it helps us to live a full and meaningful life. To meditate means to focus our attention on the true self without closing to the world and reality. Yoga practice leads us to wisdom and harmony.

Our well being is not a gift but a goal, and we have to work hard to live in harmony , following specific hygienic rules, eating well, respecting Nature, all the living creatures in the Universe. We will be able to perceive, distribute and balance the endless cosmic energy.

YOGA AND EATING HABITS

Our yoga practice will be effective only if we combine it with correct eating habits. This is very important because food can affect:

Our attitudes

Our mood

Our emotional life

Our energy

Our future food choices

Stress, anger and frustrations can lead us to look for food to fight frustrations. Only if we remove these bad habits and understand our behaviour very well, we will be able to have a good relationship with food.

When we talk about food it is important to focus on the fundamental yoga texts.

They say that food can spread positive energy and those which do this are called

-“sattvici food”. It’s high quality food such as wholemeal cereals, rice, raw vegetables, oily seeds, fresh fruit and vegetables, pulses, buds, milk, yogurt, honey, pure water. This food helps our body self healing, and relaxes our mind. It helps the correct balance between acid and alkaline and improve our mind and spirit.

On the contrary, “rajasici” food, or medium quality food, is food which contains proteins. It gives us energy but it can make us aggressive.

Finally, we have “tamaisici food”, or poor quality food also called “junk food” such as chips or fast food containing lots of fat and preservatives. Moreover, alcohol, tobacco, fizzy drinks and sweets that lead to a physical and mental imbalance.

We need food to be fit and so it plays an important role for our well being and health.

“We are what we eat”.

We need to chew food slowly and carefully.

We must smell and feel its taste, before swallowing it. If we eat slowly, tasting carefully what we eat we will feel satiety sooner. Digestion will be easier and we will avoid intestine problems. People put on weight because they eat more than what they actually need. Yoga practisers eat moderately, and they are never too hungry or too full. They are usually vegetarian.

Yoga and eating habits to fight seasonal diseases.

The seasons of the year are very important for a correct diet. We need food to face the problems that very cold or very hot weather can bring us. We need to eat the food that can make us feel in contact with Nature and its vital cycles.

IN AUTUMN

“It is important to strengthen our body’s natural defences in order to get ready for winter.

Reduce raw vegetables and introduce boiled ones, which can warm us. Eat cereals like oat, wheat, millet. Drink lots of water. Do the Asana, which improves articular flexibility.

IN WINTER

It is a period of rest during which we have to feed our body in order to prepare it for Spring. Welcome to vegetable soups, pulses, fresh and dry fruit, hot drinks, to keep our body warm. Our yoga practice should be focused on breathing and relaxation, to prevent seasonal diseases.

IN SPRING

Our body is getting ready for the summer so it is better to get ready for it. Eat fresh vegetables rich in water, to prevent dehydration: tomatoes, fennels, and above all carrots to prepare our skin for sun. Warm wholemeal cereal, many fresh fruit, a little dry fruit, because it has many calories. We can practise yoga exercises, which wake up our body and our energy, after the winter rest.

In Summer

Raw vegetables help us to replace minerals and vitamins lost with sweating. It is better to assume cold cereals together with raw vegetables, fruit rich in water which contain lots of anti-oxidants. It is better to reduce spices.

Our body must take energy from food as we are more active in the summer, and we live more in the open air. Sun is important to fix vitamins in our bones but it is better to sunbathe early in the morning or late in the afternoon when it is less hot. The yoga practice will be more energetic and active.

YOGA AND OBESITY

It is well known that when you are overweight it is not enough to go on a diet or do more exercise. Lots of factors have an influence on gaining weight :

Genetics Metabolism Metabolic diseases Lack of exercise
Wrong food choices Food intolerances Psychological problems
Bad eating habits Too much food Stress

Obesity is the result of emotional and mental imbalance which can affect our endocrine system.

WHY IS YOGA USEFUL TO LOSE WEIGHT?

It is well known that the yoga practice can help reduce weight because it has a good influence on our endocrine system even through breathing. Our endocrine system and energy channel are stimulated and our body functions restored. A regular practice helps us towards a simple and healthy lifestyle in harmony with our being, other people and the Environment.

Through yoga we can have:

Metabolism boost Local fat reduction Muscular growth
Better food assimilation Emotional balance recovery
More confidence to face our duties and responsibilities More inner strength

We can learn how to love ourselves, other people, life. Better. We can discover our true self, our interiority, through meditation and concentration. We will know what our real needs are.

We can fight stress with a regular practice of relaxation; we can open up to love and spiritual life. We learn how to accept ourselves, love us and fight anxiety and the sense of emptiness which pushes people to look for food as a comfort.

The regular yoga practice in association with a correct lifestyle will make us more disciplined, so it will be easy to respect the main fundamental food rules.

COURSE PRACTICAL PROGRAMME

The practical lessons will be divided into two different days as follows:

1st day: The basics Asanas , important for a correct posture.

- The Complete breathing; High , medium and low breathing.
- Relaxation / contraction / decontraction
- Concentration and meditation.

2nd day - Surrya namaskar or “The Sun Salute” , a sequence of energetic postures to boost metabolism.

- Asanas important for the gastroenteric system.
- Asanas useful for the main endocrine glands.
- Light relaxation.
- concentration through visual tatrak.
- final meditation as a moment of self consciousness improvement.