# HOW TO ACHIEVE WEIGHT LOSS WITH YOGA FOR BEGINNERS

Every day we wake up, go to work, come home and go to sleep. Every day it’s the same routine, with a few variations. Even though we intend to do it differently, we end up doing more of the same. Yoga is something that you can incorporate in your busy and hectic schedule with ease and lose weight. You don’t have to be an expert to do it. Beginners can do it too. All it takes is a few minutes every day. You don’t have to go to a gym or for a yoga class, you can do it in the comfort of your home. All you need is a yoga mat and some pillows or rolled up blankets.

Here are some of the poses that you can try every day for maximum benefits and quick results.

## MOUNTAIN POSE

This yoga pose is great for your core and your thighs as well as your torso and spine. Start with your legs and feet together. Make sure that there’s a little distance between your heels. Put your arms to your side with the palms facing up. Now press your feet into the mat and spread your toes while keeping your spine straight and stretched while rolling back your shoulders away from your ears. Engage your belly and your thighs. Now slowly bring your hands up to your heart and take three long breaths. Hold each breath and fully inflate your lungs. Exhale and repeat.

## STANDING SIDE LEAN

This pose strengthens your core. Sweep your arms over your head and interlace your fingers. Do this with all the fingers except your thumb and index finger. Now gently squeeze your arms towards your ears. Now stretch up and to your right while inhaling deeply and planting your feet firmly down on the mat and engaging your thighs. Exhale and let all the air out while coming back to the neutral position. Once you are done, do the same for the left side. Repeat the process at least four times.

## MOUNTAIN POSE-CHAIR POSE FLOW

This variation of the mountain pose works on your core, thighs and calves. Take a deep breath and sweep your arms towards the sky. Make sure that your biceps are straight. Now slowly exhale and bring your arms down and back. Bend your knees and lower yourself. When you reach the sitting on a chair position, inhale again and hold it while bringing your arms up again with your biceps alongside your ears. Hold for a few seconds and then exhale while going back to the original standing position.

## THE WARRIOR FLOW

This pose will help you build strength in your thighs, shoulders and your core. Stand straight with your feet shoulder length apart. Extend your arms to the side and keep them at shoulder height. Your feet should be firmly planted on the mat and facing straight. Now slowly bend the right knee and move it straight out in front of you. This will bring you into the warrior stance. Now take a deep breath and straighten your front leg while moving your arms above your head and bringing your palms together. Repeat with the left leg. Repeat with each leg at least three times.