

How to find peace within

Transform your body with Yoga Burn



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# Table of Contents

About the Author	2
<hr/>	
Straighten Your Back To Change Your Life	3
<hr/>	
Emotions And weight loss	5
<hr/>	
The 4 Life-Changing Benefits Of Yoga	7
<hr/>	
Yoga For Weight Loss	9
<hr/>	

## **About the author**

Elijah has a passion for peoples health and fitness as well as the most unspoken development, emotional well being. This journey has lead Elijah to develop this report with a few tips of how you can focus on your fitness along with your mind, body and intuition.

By the end of this report you will begin your own journey of becoming at peace with your body as well as your mind.

Click here to begin your journey

<http://lecraftfam.yogaburn.hop.clickbank.net/?lid=5&tid=lecraftfam>

## **Straighten Your Back To Change Your Life**

There are very few things that you can change that will have an immediate affect on your life overall. One of those things is changing your posture and your body language.

This is a very small change, and it's something that you can learn to do in less than a month and it will be time well spent.

Posture and body language express a lot, both on the inside and the outside. What is expressed is extremely valuable, so you'll want to make sure you have the edge, and have the best posture possible.

## **What Posture Expresses to the People Around You**

Everything from the way in which you speak to the way in which you walk is studied subconsciously by others.

This is essentially to scan for potential threats. While this may be a dated mechanism in modern times, it's still something that people consider.

When you move a certain way, speak a certain way or even look at people a certain way, it expresses something unconsciously. If you aren't careful, you'll be sending the wrong signals.

There are also times where it would be beneficial to not wear your thoughts and feelings on your sleeve.

In order to change this, you need to learn how to improve and maintain better posture and body language.

## **What Posture Does for You on the Inside**

You've probably heard of the expression, "fake it until you make it." Posture is something that works in line with this idea. The simple act of improving your posture and maintaining.

Good posture throughout the day will change the way you feel, and the way you interact with others.

When you hunch your shoulders, you express to yourself that you aren't worthy, you give up or you aren't good enough. When you divert eye contact, it makes you feel worthless

or afraid.

By straightening your back and making eye contact, you can feel more positive and more confident.

Posture is important to improve yourself on the inside, and improve the way others see you. Start working on your posture today!

**[Love yoga and challenges?](#)**

# Emotions And weight loss

For many people struggling to lose weight will-power and physical activity is not what is hindering their efforts. Instead, they may be struggling with emotions that are interfering with their ability to lose weight.

Emotional issues such as neglect, depression, bullying, abuse and stress can all affect your ability to lose weight and create a positive self image.

There are some ways to overcome your emotions and get your weight loss on track.

## Emotional Eating

If you tend to eat because you're sad, angry, tense or just feeling overwhelmed, you'll never reach your weight loss goals. Instead of eating to soothe your emotions, find other ways to nourish your mental health.

Make a list of things you can do instead of eating to help you relax and take charge of your emotions. Meditation, yoga and relaxation techniques are all good places to start.

## Journaling

Writing down your thoughts and emotions helps clear your mind and rid your body of bad feelings.

You should keep a journal to record your thoughts, doubts, feelings and stumbling blocks and reflect on these to start making positive changes in your life.

Analyze your writing and decide how you can make changes and what thoughts and feelings are irrational and replace them with more rational thoughts.

Keeping a journal is also an excellent way to get to the root of your emotional issues, so you can take positive changes and reach your weight loss goals.

## Make Changes

Sometimes being stuck in a certain job or hanging around with certain people can be the root of your emotional problems. If you keep a journal or just take time to sit down and analyze your life.

Sometimes it's best to take a risk and eliminate any negative people and unsatisfying work commitments in your life.

## Seek Help

You don't have to see a professional for help, but you can if you feel the need. Other types of support include groups, online forums, life coaches and supportive friends and family.

Seeking help in times of emotional difficulty can help you overcome and reach your life goals.

Emotions can affect every aspect of your life, including your weight loss goals, so take time to take care of yourself emotionally and you can improve other areas of your life.

**[Want to be lighter, healthier, and happier?](#)**

# The 4 Life-Changing Benefits Of Yoga

There's a reason yoga has been around for thousands of years.

It seems the more we study it, the more incredible benefits appear.

Yoga has a way of bridging the body with the soul, the mind with the universe. Through yoga, people have made incredible leaps in not only physical strength, but mental fortitude and spiritual enlightenment.

I wanted to take a moment today to discuss with you what I think are the four most life-changing, mind-blowing benefits of yoga. If this doesn't get you pumped up to run to the store and pick up a yoga mat, I don't know what will!

## 1. Weight Loss

Yoga is beyond basic stretching. It engages muscles that your body probably forgot it even had and requires you to hold these positions for extended periods of time.

Beyond this, though, scientists have been scratching their head as to why yoga, even casual, gentle yoga, helps people to lose weight.

The answer? Changing the mind.

The very act of doing yoga can cause a dynamic shift in your brain, which helps your body to follow suit.

That's some powerful stuff!

## 2. Stress Reduction

Like any type of meditative practice, yoga can help to focus your mind and reduce your overall stress levels.

The focus on mind and body connection acts as a form of meditation, which takes you outside of your current situation and problems and puts you in a realm where your main focus is yourself and the universe around you.

Your problems seem to just melt away and for a moment, you connect with everything around you.

Pretty cool, right?



### 3. Meditation

Although yoga is a physical activity, it is also a strong meditative practice. Yoga goes beyond things like lifting weights or even cycling and moves into a different mind space.

Through yoga, you are given the opportunity to connect with the world around you on a deeper level and, more importantly, you are able to connect with your own body in ways that you never have before.

Yoga is like an extended conversation with an old friend between your body, your mind and your spirit. Once they catch up, everything falls into place and it feels like they never separated at all.

In reality, these are all one connected thing and yoga helps bring them together.

### 4. Flexibility

The goal of yoga doesn't have to strictly be related to enlightenment. This may be a great side-effect, but your goals may be more physical—which is fine!

Yoga can help to make you more flexible, which can help you in any other physical training that you choose to engage in.

Your muscles will be less tense, which will help you to avoid injury when doing other strenuous activities.

Yoga has a role to be played in all of our lives. Don't let any misconceptions or fears turn you away.

No matter who you are, yoga can help to improve your overall standard of living by reconnecting your body, mind and spirit in a significant way.

Try some beginning poses today and begin transforming your life!

**[Balance your mind, Body and Soul](#)**

# Yoga For Weight Loss

Hey! Are you having a tough day?

Are you dying to relax with some yoga—but you're afraid of losing your PRECIOUS WORKOUT TIME to a slow, relaxing activity?

That weight isn't going to lose itself! And you need to invest time in cardio for your heart health.

Well, thanks to SELF MAGAZINE I just got the LIFE-CHANGING NEWS:

Yoga IS as good as TRADITIONAL CARDIO!

You can now stop scoffing at workout DVDs that use names like “Yoga For Weight Loss.” But if you know your power yoga from a restorative workout, you ALREADY KNEW that yoga flows can be HECKA VIGOROUS!

Now there's proof that the GLOW you get after class is the feeling of CALORIES BURNED! And the LEAN MUSCLE you build doing long holds in

the Warriors and balance poses helps BURN FAT even when you're SITTING ON THE COUCH after your practice!

SELF cites studies collated by the European Journal of Preventative Cardiology that show yoga reduces cardiovascular risk.

Sure, you could explain it away as simple stress reduction. But that's NOT the whole story! They also show that yogis are LEANER:

<http://www.self.com/flash/fitness-blog/2015/01/yoga-cardio-heart-healthy-study/>

So enjoy your down dog with zero guilt: Yoga has WEIGHT LOSS benefits that rival its MENTAL HEALTH BONUS! Talk soon,

Mike

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