



YogaFit's YogaLean™

YogaLean is unlike other YogaFit workshop in that it was not created exclusively for YogaFit® instructors. It was created for anyone and everyone who has ever struggled with body image, yo-yo dieting, eating disorders, and, of course, excess weight. In other words, this program was written in response to a potentially life-threatening epidemic that affects the vast majority of our population.

YogaLean™ is not a diet, nor a formula, but rather a guide to developing a practice that meets you where you are in life and in your body, and slowly and graciously transforms you from the inside out. The reason YogaLean™ works is because it's focused on you. It's not focused on a particular food group, dietary regimen, workout, or specific formula. This program is designed to be as individual as you are. In any YogaFit® class we allow the pose to fit our body, we don't make our body fit the pose. In YogaLean™ we practice the same philosophy. Through gentle, ancient and proven practices, this program takes you on a journey inward, where true transformation, physical and otherwise, begins.

The Eight Limbs of YogaLean™ were conceptualized as a holistic approach to weight-loss that results in wellness of the mind, body and spirit. Ancient wisdom combined with current research on the science of weight loss and behavior modification offers the greatest opportunity for total transformation, allowing you to be fully present to your life's purpose and potential.

The Eight Limbs of YogaLean™ include:

1. Yamas and Niyamas
2. Meditation
3. Breathing
4. Positive Affirmations
5. Exercise
6. Support
7. Journaling
8. Nutrition

Before beginning any journal exercise, close your eyes, take a few deep breaths, and notice the experience of your emotional body as you ask yourself the question for reflection. Take as much time as you need to write whatever comes into your heart and thoughts without censoring or editing yourself.

What am I trying to protect myself from in my life?

When I make choices about what, when, or how much I eat, what is the underlying feeling that drives these choices?

What would it feel like to love my body as it is right now? What emotions does this thought bring up for me?

For more information, visit yogafit.com Would you like to host a training? Email host@yogafit.com.

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Lean Consciousness and the Seven Steps to YogaLean

1. Believe you can transform your body

2. Clear the clutter

3. Create your multifaceted and holistic plan

4. Get comfortable being uncomfortable—learn to love movement.

5. Be committed and open to doing whatever it takes

6. Get a support system

7. Forgive yourself

Notes:

bethshaw.com

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