



YOGALEAN

Session #3153

YogaLean is about making a choice to improve your health and your body. It's a program that is easy to implement and easy to follow. Through Yogalean, you learn to gain sense of your body, no matter what size.

YogaLean provides basic poses for better balance, flexibility, and mental and physical strength, and teaches us to clean and organize our kitchen for maximum efficiency and practice meditation to bring focus and clarity. When we are balanced in all areas of our life, it becomes easier, if not effortless, to lose and maintain a proper weight.

YogaLean isn't just a practice of health, fitness, balance, and yoga—it is a lifestyle.

What is Lean Consciousness?

It is a mind/body of being in which all the decision and choices you make move you to a state of greater health. *Lean Consciousness* enables the body and mind to work together to achieve health goals. It teaches you how to listen to the needs of our bodies so that we can feel the difference between optimal health and a life that is unhealthy.

7 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

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For Information on trainings:

www.yogafit.com

Use coupon code EXPO25 between August 10th-22nd to register for a yoga training.