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Nourish your body and spirit!



October, 2004. The Yoga Diet by Taylor Wells, M.A., M.Ed., R.Y.T

Diets don't work. Or do they? If you decrease the number of calories that you consume and you increase your activity level, you will lose weight. But not everyone can do this on a regular basis and be happy. So what's another option to lose weight in a healthful manner, and be happy? Power yoga.

Power yoga, also known as vinyasa yoga, is a form of yoga that includes a series of flowing postures usually done in a room deliberately heated to 90+ degrees (if you are practicing at home with a power yoga video or DVD, you do not have to heat the room to 90 degrees — but turn off the fans and the air conditioning to build your internal body heat as you do the postures). Power yoga offers a powerful sequence of flowing yoga poses designed to provide a full workout for body and soul. The goal is to allow students to tap into their core strength and realize their full potential on all levels. This vigorous practice is excellent for all levels, from beginners to experienced students.

So why try this type of yoga instead of a diet? Because no one is going to be joyful restricting oneself to a dogmatic eating regimen, and this is why people have a difficult time sticking to diets. Vinyasa based yoga does work, and people are able to stick with it because it brings joy into their lives, while concurrently making their bodies lean, strong, and fit.

Why does power yoga help with weight loss? We all know that increasing our activity level will lift our mood and help us to lose those unwanted pounds. But power yoga can achieve this, and more. With a regular power yoga practice (at least 20 minutes, three times per week), you will naturally cut out the junk. That doughnut won't even appeal to you. This is not restricting what you eat, but rather listening to your body and eating what your body needs to be healthy and balanced.

You will notice and understand the rhythms of your body. Power yoga will act as the catalyst to leading a healthier and more active lifestyle that will enable you to lose weight and then maintain your desired weight.

Sometimes students ask me if they need to continue cardiovascular exercise in addition to their power yoga practice. Since every person is unique, you need to find what works best for you by listening to your body, checking with your doctor, and trusting your inner wisdom and spirit.

I remember when we first opened our yoga studio Prana Power Yoga, Melissa, one of our students, came to me and told me that she was getting married in six months. She explained that she was trying to achieve her weight loss goal by going to the gym daily and following the Zone diet. Yet she was frustrated because she had hit a plateau and was not losing the weight. I told her to quit the gym, stop dieting, and practice Prana Power Yoga three to five times a week (she had an aggressive goal with her upcoming wedding).

It took Melissa about a month to have the courage to spend less time at the gym and more at Prana Power Yoga, but she did. She lost the weight and two sizes. Everyone at the gym

asked "what are you doing, what diet are you on?". When she told them her "secret" — they came to Prana Power Yoga and experienced the same thing.

Melissa has maintained her body weight with ease and joy — eating whatever she wants. What she now "wants" is what her body needs. This is just one story of many. But it takes trust and faith. Isn't it worth trying power yoga when the worst that can happen is that you may never diet again?

Taylor Wells, M.A., M.Ed., R.Y.T, and her husband Philippe Wells, are co-owners of Prana Power Yoga, a yoga studio located in Newton, MA. Prana Power Yoga is based on the principles of vinyasa yoga. Taylor brings to her yoga teaching a wealth of experience from her life-long commitment to physical, emotional, and spiritual wellness (she is also trained as a Clinical Psychologist). She has experienced the transformational effects of yoga in her own life, and applies the knowledge she has gained to her own engaging teaching style. Taylor released her first video and DVD this year: "Prana Power Yoga." For more information about Prana Power Yoga classes, retreats, and video/DVD, visit: www.pranapoweryoga.com.

For the Prana Power Yoga Video/DVD Offer, please click on the following link:
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