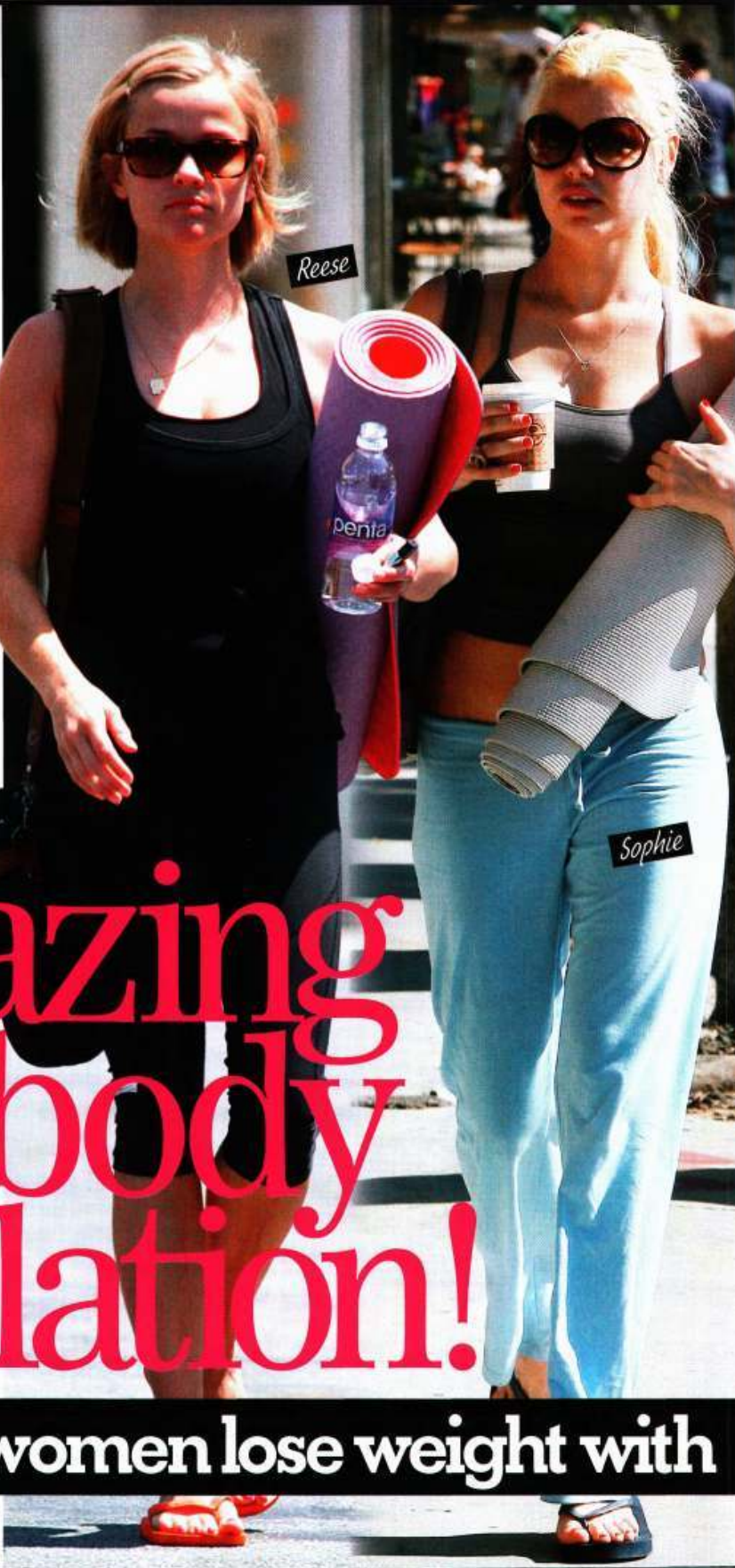




Bodylove

— ❧ —
**DO THE
 downward dog and
 watch that muffin
 top VANISH...**
 — ❧ —

New research from the University of Otago in New Zealand has revealed more women lose weight with yoga than diets. At the end of a two-year study, women who followed a program of yoga and meditation lost weight and kept it off, while those who focused purely on exercise and nutrition had not. The results suggest that relaxed women are generally happier – and thus make overall healthier lifestyle choices than restrictive dieters. Why? Because unlike fad diets or punishing treadmill sessions, yoga nurtures both the body and mind...



Amazing new body revelation!

FACT: More women lose weight with



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Brief: POWER YOGA
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Grab a mat...

There are many styles of yoga – so which will help you achieve a flatter stomach? According to Duncan Peak, yoga instructor and founder of Power Living (powerliving.com.au), dynamic practices, such as Ashtanga and Vinyasa, have a big impact on a student's core. They also affect upper and lower body strength and provide a cardio workout. Calmer practices like Hatha promote relaxation and help people deal with stress. But according to Peak, both approaches have physical benefits – students can expect to tone their arms, trunk and thighs while losing unwanted body fat.

The body

"[Many] methods of yoga can improve the body's respiratory, endocrine and cardiovascular systems," explains Peak. These systems, when functioning at their best, improve the body's ability to process and metabolise food, absorb nutrients and thus give us a feeling of wellbeing and vitality, encouraging us to make better diet choices." Yoga can also help to combat the effects of stress on the body. "Yoga can have a role in stimulating the parasympathetic nervous system through breath and relaxation; contributing to lower cortisol levels which helps with fat loss goals," says Edwina Griffin, personal trainer, yoga instructor and director of FitWomen (fitwomen.com.au).

The mind

While yoga isn't directly related to fat loss, it is certainly related to banishing bad lifestyle habits which cause weight gain. A happier, calmer state of mind combats the comfort eating we do when we are feeling tired, stressed or sad. "[Meditative yoga] helps to clear the mind so women can make decisions which come from the heart, rather than rushed decisions which can often be based on outside influences and temptations," says Griffin. Yoga and its philosophies also give students a foundation for great self-esteem. "Meditative practice that stills the mind and makes us conscious of our emotional attachment to food has a huge impact on the amount of unconscious calories we consume each day," adds Peak.

Happy (hot) you!

Both Peak and Griffin report female yoga students leaving their classes feeling happier, more relaxed and experiencing fat loss results. Elizabeth, a 26-year-old media professional who has recently started practicing Hatha yoga, has noticed the benefits. "It's true, yoga does encourage you to make healthy choices," she says. "I've been going to a class every Saturday morning for two months and I've really noticed a difference. Weekends used to be my time to pig out, but now after the class I only want to eat a healthy breakfast and I'm drinking less – especially on Friday nights. Yoga makes me feel calm and content, so I never want to be too hungover to attend. And less hangovers mean I eat less greasy crap! It makes me respect my body – all this adds up to help you look and feel great." Caelia Corse **COSMO**

WEB EXTRA!

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Don't know your Sun Salute from your Half Moon? Hop online to see yoga instructor Angel guide features ed Caelia through the key poses.

yoga than diets