

Yogachelan

Yogachelan Weight Loss and Yoga

February 2010



Greetings!

This month's focus is on weight and how yoga can play a part in weight loss and weight maintenance. Please note the yoga tips that may give you insight into yoga and the relationship with our bodies and minds.

Namaste'

Lynda and Lisa

New Weight Loss and Yoga Research

A recent study led by researchers at Fred Hutchinson Cancer Research Center found that regular yoga practice may promote weight loss in those who are overweight.

The study, the first of its kind to measure the effects of Yoga on weight, involved 15,500 middle-aged men and women.

Over a ten year period the men and women who were **overweight and practiced yoga, lost about 5 pounds, while those who did not practice Yoga gained about 14 pounds.**

This fat-fighting potential may be more than the physical activity itself. It may also involve the **increased body awareness causing changes in eating habits.** It may cultivate an inner strength by learning to stick with something outside our comfort zone.

The other message for people who might be overweight, is that **Yoga is a noncompetitive activity and something everyone can do.** It brings so many benefits, and if one of them is weight control, then that's a great thing.

Fred Hutchinson Cancer Research Center

<http://www.fncrc.org>

January in Review

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News Flash....

SEATTLE - Aug. 3, 2009 - Regular yoga practice is associated with mindful eating, and people who eat mindfully are less likely to be obese, according to a study led by researchers at Fred Hutchinson Cancer Research Center

[View the video here...](#)

Yoga Tips That May Encourage Weight Maintenance or Loss

1. Practice in a room without mirrors, and pay more attention to your internal experience than to your outer performance.
2. Learn to feel sensations more and more subtly, so that you become deeply involved in and curious about small movements.
3. In your poses, find an edge for yourself where you are challenged but not overwhelmed. At this edge, practice maintaining a clear, open and accepting mental state.
4. Give yourself permission to rest.



YogaMen

YogaMen classes started January 20th. Congratulations to the men who started the class. From your comments it sounds as though you were surprised and pleased to find out how yoga can improve your health, better the activities you are already involved in, and it was harder than you thought. Keep spreading the word men.

Winterfest

This years Winterfest was great. The Chamber and Erin McCardle did an amazing job planning and executing the event.

[Lisa](#) and [Lynda](#) volunteered at the Ice Bar pouring libations and collecting tips for Chelan Hope.



World-Yoga-Day

January 31, Sunday, from 11:00am to 1:00pm, is World-Yoga-Day. This event is a 24 hour world yoga marathon to raise awareness of human rights violations and to collect donations for "Doctors without Borders" If you have not signed up to attend please give us a call or email at info@yogachelan.com.

Pose of the Month

Triangle

A beautiful angular pose, done by Yogachelan student ,Viki. Viki has been practicing yoga for two years and shows us the do's and don'ts of the triangle pose.



Begin by standing with the feet 3-4 feet apart, the toes pointed toward the corners of the mat and the arms spread like Warrior II. Hips and shoulders square to the side of the mat. Rotate the front (l) foot straight ahead and the back (r) foot to 90 degrees. Inhale, lengthen the spine as you press the back (r) hip toward the back edge of the mat, bending to the side through the rotation of the hips, reaching long with the (l) finger tips toward the end of the mat, creating length from the hip bone to the finger tips. Rotating the torso, bringing the (l) fingertips toward the mat and stacking the (r) finger tips above the (r) shoulder. Working toward the body being in a single plane as if pressed between two panes of glass.

7. Give yourself permission to rest.

5. Pay attention to your inner dialog and make an intentional effort to appreciate your own efforts and innate goodness.

6. Go to class faithfully, arrive early, and talk to a few people before class begins.

7. Buy your own yoga mat and bring it to class.

8. Find a teacher who offers a balance of gentleness and firmness and whose teaching inspires you to practice from your highest self.

10. Recognize that simply attending class is a major statement of courage, self-care, and positive momentum.

Fred Hutchinson Cancer
Research Center
<http://www.fhcrc.org>

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Keys: Total body in one plane. Both legs extended engaging the thigh muscles to protect the knees and not hyper extending the knee joint. Length on both sides of the torso. Shoulders away from the ears, long neck, reaching through the crown of the head. Press evenly through both feet and feel as if the hip is moving in the opposite direction of the crown of the head.

Modifications: As we work toward the flexibility and core strength needed in the pose we can place our hand on our thigh, shin, or a block. The key is to keep the shoulders in the same plane as our legs. If we lean sideways and move around our leg we need to use a modification.

[See the entire photo shoot here!](#)



About Yogachelan

Yogachelan is owned and operated by Lisa Sloan and Lynda Kennedy. Both are experienced, certified, and insured yoga instructors. They are active in their community, are members of the Lake Chelan Chamber of Commerce, and were Best New Business of the Year 2009.

The Mission of Yogachelan is to promote the health benefits of yoga and to make yoga accessible to everyone.

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