

## INSIDE

There are yoga classes available in most cities and many small towns across the county these days, and countless yoga books and articles have been published. So why write another book about yoga and weight loss?

Consider this scenario, which is not uncommon: an overweight individual attends a yoga class with several participants. He or she bravely tries to do the postures, but the extra weight and steep learning curve make it difficult to keep up with the rest of the class. The instructor has designed the class to accommodate a wide range of abilities, but cannot devote significant individual attention to the struggling student. A yoga practice would likely be very beneficial if the aspiring overweight yogi continued with the classes. However, by the end of the hour, exhaustion and discouragement exceed the rewards, and there is little chance the new yogi will return for another session.

Compassion, invoked by this conundrum, inspired this book.

Anyone can use yoga as a path for personal transformation. As it is now practiced in the West, yoga is mainly a system of physical exercise. While the physical postures are an important element, they are only a small part of the whole science of well being that yoga offers. Even a person paralyzed with spinal cord injuries can experience the physical, mental, and spiritual metamorphosis that is a result of a sincere, complete yoga practice.

It is rare to meet a serious yoga practitioner with weight problems. Exercise is helpful, but many other factors, some very subtle, help the yogi's body find and maintain its optimum form. The science of yoga is a vast body of knowledge that predates recorded history. This ancient discipline provides a comprehensive framework for understanding our selves and our relationship to the universe. Yoga's wisdom and tools can be used to create a balanced life and fully realize one's potential.

This book isn't just an intellectual exercise. It clearly describes simple actions that can enhance one's ability to objectively assess obstacles to physical health and self-awareness, and to creatively

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transcend those obstacles. It is written with the overweight person in mind, but the information presented here provides entry into the full expression of yoga for all.

The first section provides a brief overview of the practice, followed by detailed illustrations of a Morning Ritual. This takes only a little time each day, but even a few weeks of daily practice will allow the new yogi to see how quickly one's body can change. Despite all the diet books sold and diets attempted, and despite the use of hypnosis, counseling, gym memberships, personal trainers, drugs, and questionable medical procedures, ever increasing numbers find themselves unable to control their weight. Anyone who has explored these expensive (and often ineffective) options will be relieved to see how little effort is required to see dynamic results, even in the short term. The Morning Ritual takes about thirty minutes to alter the metabolic rate, and it improves one's perspective for the whole day.

The next section offers an understanding of how yoga has come to comprehend the human body, the purpose of life and our place in the universe, as learned through thousands of years of quiet observation. In addition to providing practical actions to alter the body and outlook, the book reveals the philosophy and metaphysics of yoga— connecting Eastern and Western thought and traditions as no other work has done to date. This section also discusses why personal experience is necessary for positive change and why our expectations should be greater than previously imagined.

Once the new yogi has gained a degree of mastery with the Morning Ritual, the next section presents a Ten Minute Yoga Workout to exercise and limber the entire body. Forty-eight flowing yoga postures are demonstrated with detailed descriptions next to them. Once the recommended practice feels familiar, the reader can experiment with additional asanas and other tools, such as mudras. Anyone who becomes comfortable with the daily practice can relax and be confident while doing asanas in a group environment.

The closing sections are transcriptions of the recordings that accompany the book. The first is a dialogue that connects the participant with universal consciousness. The second is an illustrated meditation that summarizes the concepts behind the complete practice.