

Holistic Fitness Blueprint - A Free PDF Guide

Are you a Corporate professional who is too busy with the 9 to 5 grind? You are stressed and feel anxious most of the time? For long you have been wanting to take charge of your health and fitness, but somehow you don't have the time for it. Taking up a Yoga, or a Fitness routine seems too far fetched for you. You lack motivation and feel lazy. Paucity of time, stress, long working hours, eating out, being overweight, sitting on the computer for long hours have all become a part of your life. You join a gym but don't have the motivation to go on. You start following a diet plan but very soon switch back to your old habits.



Sounds familiar...More like You.

You procrastinate and give excuses. You feel overwhelmed with the thought of getting up early in the morning and can't follow the right nutrition advice. You begin and leave it half way. It happens with most of us because of the wrong beliefs we carry. We forget that more than the fitness routine it's the mindset that we need to work on. It is all about the formation of habits. And new habits are not easily formed. You have to remember and feed it in your sub-conscious mind that managing your health, acquiring the right knowledge on Nutrition, sticking to a Yoga, Pranayama and Fitness regime is a lifelong commitment. There are no short cuts.

Apart from pumped up bodies, wash board abs and weight loss; we at ww.Yogfit.in believe that Fitness is a 'holistic' concept. The COVID-19 pandemic has taught us that we need to pay good amount of attention to concepts like Immunity, Prevention, Breath capacity, Strength, Natural and Ayurvedic products. We also believe that Being Mindful in our approach towards life, taking care of our mental health, cultivating good hobbies and making an attempt to live a happy life is the broad concept of being fit. Meditation, taking charge of our relationships, being positive and working on our old beliefs can help us evolve and move forward in life.



No amount of money can save you. There are many entrepreneurs and Corporate professionals who sacrifice their health for money. In the end they have a lot of money but it is impossible to catch up on the health and fitness goals. Start early, start young and give it just 15 to 20 minutes every day.

It might all sound overwhelming at first. But we think our 5000 year old tradition of Yoga has half the answers to begin with. Traditional Ashtanga Yoga done with a step by step approach, can help you in being mindful, learn breathing, work on flexibility and improve your overall wellbeing.

Here we decode the step by step approach to begin your Yoga and Fitness journey. We handhold you all the way and stay with you for a lifetime. Like they say, well begun is always half done.

Having trained more than 1000 people in the field of [Yoga](#): I have learned that there are many myths surrounding. Some of them being that you should start doing Yoga when you are very young and flexible. More than men only women should practice Yoga. Only fit and very flexible people can do Yoga. Yoga cannot help one lose weight and people suffering with physical ailments cannot and should not practice Yoga.

Young people would rather go gymming or for [Zumba](#) classes and they find that Yoga is too slow. These are some of the myths or beliefs held by people.

Having dealt with clients with various ailments and in various age groups I can safely vouch to clear the myths. We have all heard different versions of what one should and should not do related to Yoga.

If you are a Beginner remember that

Yoga is not just about complicated postures. Many people who are beginners get scared after seeing difficult poses of headstand, backbends, a full split or difficult Pranayamas.

Each Asana exercise can be tailor made depending on your body. Initially, stick to the Basic Asanas and as you go along gain flexibility and strength.

Stick to the basic 21 asanas and around five Pranayamas. You will take at least two months to master it.



Yoga is a way of life

Yoga connects your mind and body. Yoga is a way of life. It is about being mindful of everything that we do in our life and not just about what you do on the mat. So, if you can't do difficult postures or are not flexible enough or are suffering from some ailment; you can still be a good Yoga practitioner.

There are a few things very basic which you need to understand as a Yoga Practitioner. You have to go slow and steady and learn the exact breathing techniques. It is all about understanding the right breathing technique – Inhale, Exhale and hold the breath.

4) You have to affirm and train your sub conscious mind to follow your routine every day. If not every day then at least three to four times in a week. Initially, it might sound difficult but it is possible. You need to commit and you owe it to yourself. Imagine having all the money in the world and no health. Remember, prevention is better than cure. Deep breathing, exercising and being mindful of what you eat can go a long way in the prevention of lifestyle diseases. Be Disciplined

Stick to a routine. Getting up early, having a yogic diet with fruits and vegetables and mindfulness will do the trick.



How long should you hold an [Asana](#)

You should feel recharged and refreshed after your Yoga practice. Hold the yoga pose till as long as it is comfortable for you. If you feel pain or extreme discomfort, then slowly come out of the pose. Listen to your body. Don't be too lazy as you practice, but apply your mind and heart to have a rewarding practice.

Do Repetitions

The key to perfect an asana is to do repetitions. If you are a beginner then you should do two or three rounds of each asana. And count three breaths during one round.

Pranadharna

Prana is the life force and *Dharna* is concentration or meditation. When you get into an asana, close your eyes, focus your attention on the breath and feel the deep abdominal breathing. Focus your attention on your breath and also in between our eyes, on the forehead where our soul resides.

The aim is to reach thoughtlessness at least for a few seconds.

As you progress further, you can hold postures for a more extended period. Everybody's body is different and that's why everyone's yoga practice will look different.

Mindfulness

Mindfulness refers to present moment awareness. It is a very powerful and well-researched practice that can change the very structure of our brain. Mindfulness meditation makes us more rational, less impulsive, and even increases our grey matter. The good thing is mindfulness can be practiced anytime during the day and not just while you're meditating.

You can be mindful when you're eating, when you're brushing your teeth, when driving, and so on. All you have to do is become completely aware of the activity you're doing by observing it in full detail.

If you've done a yoga class, you've undoubtedly experienced mindfulness. [Yoga](#) is a great mindfulness practice because all postures are done with breath awareness.

Even in [Suryanamaskars](#), you follow a specific breathing pattern. Each movement or transition is accompanied by an instruction to either inhale, exhale or hold the breath.

There are some balancing postures like [Tadasana](#), [Natarajasana](#) and [Vrikhasana](#) where you need to focus your mind and be aware to maintain the balance.

When you hold a difficult single-leg balance like [Natarajasana](#), you automatically become more mindful that you would lose your balance without awareness. In this way, yoga trains you to become aware of what you're doing with the help of the breath or the difficult nature of posture.

Managing your Emotions

Try doing a single leg balance when very angry or emotional, and you'll likely have some trouble. In extreme circumstances, our inner emotional balance gets disturbed, reflecting in our physical state. In yoga, you learn to bring your balance back by taking some deep breaths or doing some gentle kriyas to re-center the body and mind.



Busting the Myths

Myth Number 1 – Only women should do Yoga

Yoga is not at all gender specific and in fact most of the age old Yoga gurus were men. The modern perception is that men should rather be in the gym and build muscles. But Yoga is a practice that aligns the mind, body and soul while using different postures which help in [building strength and fitness](#). It is not a gender-specific fitness practice, and all can practice.

Myth No 2 You need to start Young

Everybody's life journey is different. And yes children are more flexible and can pick up the asanas; but however doesn't mean that you cannot start at any age. You can begin to learn Yoga at any age, and most yoga asanas are designed in a way to fit every person's body, regardless of their flexibility, balance and strength. There are some schools of Yoga which propagate props and some very difficult asanas which sound too farfetched. But you can start with simple asanas and some can even be tailor made for your body and specific conditions. Some consistency and dedicated practice can help you gain flexibility and acquire the right techniques.

Yoga Is Not For [Weight Loss](#)

Any type of exercise coupled with a proper nutrition plan can help you lose weight. Different asanas use various muscles in your body and challenge your muscle strength, flexibility and overall fitness. More repetitions work on a specific body part and some practices like [Suryanamaskars](#) do help you sweat it out. Also Yoga has evolved into Power yoga, Hatha Yoga, Hot Yoga, Yoga with weights and the list is endless.

It is not a lazy workout; but in fact Yoga will engage your mind too. You can break into a sweat with active and intense styles of yoga

People with ailments cannot practice Yoga

If you are suffering from any lifestyle ailments like Diabetes, Blood Pressure, Osteoporosis, Arthritis and Thyroid then there are specially designed asanas for

you. We at Yogfit.in specialize in Yoga Therapy and will guide and advise you accordingly.

Asanas work on your endocrine glands and help us to balance your hormones. Along with positive thoughts, deep breathing, mindfulness, meditation, you can heal your organs within. Depending on your illness there will also be a list of asanas which are contraindicated for you. And in fact, certain Asanas, Pranayamas can help you overcome these ailments.