

Yoga for Weight Loss

A 4-Week Physician-Curated Guide to Sustainable Fat Loss Through Mindful Movement

Yoga is often underestimated as a weight-loss tool. Yet clinical research shows that consistent yoga practice reduces cortisol, improves insulin sensitivity, and builds the lean muscle mass that keeps metabolism humming. This guide distills evidence-based sequencing into a 4-week progressive plan designed to complement GLP-1 therapy, hormone optimization, or any weight-management protocol.

Why Yoga Works for Weight Loss

Unlike high-impact cardio that spikes cortisol and cravings, yoga lowers stress hormones while activating slow-twitch muscle fibers. Studies published in *Obesity* and *The Journal of Clinical Endocrinology & Metabolism* demonstrate that regular yoga practitioners experience:

- Reduced visceral fat independent of calorie restriction
- Improved leptin sensitivity and appetite regulation
- Enhanced parasympathetic tone, supporting deeper sleep and recovery
- Greater body awareness that reduces emotional and stress eating
- Sustainable adherence rates far exceeding conventional exercise programs

Tip: Pair this yoga practice with a high-protein meal plan and adequate hydration for amplified results.

Week 1: Foundation & Breath Awareness

Goal: Establish a daily 20-minute routine, learn diaphragmatic breathing, and activate deep core muscles.

Pose / Sequence	Duration	Focus
Centering Breath (Box Breathing)	3 min	Calm nervous system, reduce cortisol
Cat-Cow Flow	2 min	Spinal mobility, core activation
Sun Salutation A (3 rounds)	5 min	Full-body warmup, heart rate elevation
Warrior I & II (each side)	4 min	Leg strength, hip opening
Boat Pose (Navasana)	1 min	Deep core engagement
Supine Twist & Savasana	5 min	Recovery, parasympathetic shift

Practice 5 days this week. On off days, take a 10-minute restorative walk.

Week 2: Strength & Stability

Goal: Extend sessions to 30 minutes, introduce power yoga elements, and build functional strength.

Pose / Sequence	Duration	Focus
Ujjayi Breath Warmup	3 min	Heat generation, focus
Sun Salutation B (4 rounds)	7 min	Lower body power, endurance
Warrior III & Half Moon	5 min	Balance, posterior chain
Plank to Chaturanga (5 reps)	3 min	Upper body, core stability
Chair Pose Hold + Pulses	3 min	Quads, glutes, heart rate
Bridge Pose (Setu Bandhasana)	2 min	Glute activation, hip flexor release
Legs-Up-the-Wall & Savasana	7 min	Lymphatic drainage, recovery

Practice 6 days this week. Rest day is active recovery — a gentle 20-minute stroll.

Week 3: Flow & Endurance

Goal: Link poses into continuous Vinyasa sequences, elevate cardiovascular demand, and deepen flexibility.

Pose / Sequence	Duration	Focus
Kapalabhati (Breath of Fire)	2 min	Metabolic boost, core toning
Dynamic Sun Salutation C (5 rounds)	8 min	Cardiovascular endurance
Crescent Lunge to Revolved Chair	5 min	Twists for digestion, obliques
Side Plank (Vasisthasana) each side	3 min	Side core, shoulder stability
Crow Pose (Bakasana) attempts	3 min	Arm balance, focus, total body
Pigeon Pose & Forward Folds	4 min	Hip release, hamstring flexibility
Yoga Nidra / Guided Savasana	5 min	Deep relaxation, hormone balance

Practice 6 days this week. If fatigued, substitute one session with a 30-minute Yin Yoga practice.

Week 4: Integration & Mastery

Goal: Combine all elements into a 45-minute self-led practice you can sustain for life.

Pose / Sequence	Duration	Focus
Pranayama (Alternate Nostril)	5 min	Nervous system balance
Freestyle Vinyasa (self-paced)	15 min	Creativity, endurance, flow state
Peak Pose: Headstand or Handstand prep	5 min	Inversion benefits, confidence
Core Circuit (Boat, Plank, Side Plank)	5 min	Deep abdominal strength
Deep Stretching & Hip Openers	8 min	Flexibility, fascia release
Meditation & Intention Setting	5 min	Mindset, long-term adherence
Extended Savasana	7 min	Complete recovery, parasympathetic reset

By the end of Week 4, you will have a personalized 45-minute sequence you can practice anywhere — no studio required.

Safety & Best Practices

Medical Clearance

If you have uncontrolled hypertension, glaucoma, recent surgery, or are in your first trimester of pregnancy, consult your physician before beginning inversion or breath-retention practices.

Hydration

Drink 16–20 oz of water 30 minutes before practice. Avoid heavy meals 2 hours prior.

Progression

Never force a pose. Use props (blocks, straps, blankets) to make each shape accessible and safe.

Consistency Over Intensity

Four moderate sessions per week outperform one extreme session. Build the habit first.

Combine With Nutrition

Yoga optimizes how your body uses fuel. Pair it with the Rejuviya 7-Day Meal Plan for compounded results.

Track Biometrics

Log weight, waist circumference, sleep quality, and mood weekly. Non-scale victories often precede numerical ones.

Remember: Yoga is not about touching your toes. It is about what you learn on the way down. —
Jigar Gor

This guide is for educational purposes and does not replace personalized medical advice. Consult a licensed provider before beginning any new exercise or weight-loss protocol.