

RANJANA YOGA CLASS

Yoga and Weight

A Beginner's Guide, Honestly

What yoga can and cannot do for weight,
and how to build a healthy routine

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What weight and yoga is

Weight depends on many things, including food, overall activity, sleep, stress, genes and medicines. Yoga alone is not a fast way to lose weight.

Yoga can be a pleasant form of activity, build strength and help you pay attention to your body and eating. Some people find that this supports healthier habits.

The short answer

Yoga can be part of an active lifestyle, but it is not a weight-loss method on its own. Pair it with healthy eating, walking and enough sleep, and talk to your doctor about your goals.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

Talk to your doctor before starting a weight-loss plan, especially if you have diabetes, heart disease, high blood pressure, joint problems, an eating disorder history, or take medicines. Yoga should never be used to punish the body or restrict food.

Stop and get medical advice if you notice:

- dizziness, chest pain or breathlessness;
- rapid weight loss without trying;
- preoccupation with food or body image that is distressing.

3. What helps, in plain words

Habit	Why it matters
Regular movement, including walking	Burns energy and supports health.
Strength work	Helps keep muscle while you lose fat.
Gentle, regular yoga	An easy way to stay active.
Balanced meals	Weight follows food and activity.
Sleep and stress care	Both affect appetite and weight.

4. A 25-minute active routine

Time	Practice	Notes
3 min	Warm-up: cat and cow, shoulder circles	Easy.
6 min	Sun salutation, 3 slow rounds	Knees down in plank.
6 min	Chair, warrior I and II	Hold 5 breaths.
5 min	Boat, locust, bridge	Short holds.
5 min	Cool-down and rest	Breathe.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Short gentle routine	15 min	How is your energy?
2	Add the active routine twice a week	25 min	Are joints comfortable?
3	Add walks	30 min	Have habits changed?
4	Keep it up for months	25 min	Check progress with your doctor.

6. Choosing a class or teacher

Choose a class labelled beginner, Vinyasa or strength-focused, and avoid classes promising quick weight loss or "detox".

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

7. Practising at home

At home, combine yoga with daily walking. Keep expectations realistic: steady, small changes last.

8. Honest expectations

There is no evidence that hot yoga or any pose melts fat or detoxifies. Sweating is water loss, not fat loss. Weight changes slowly, and a doctor or dietitian can advise on healthy goals.

9. Common mistakes and fixes

Mistake	Fix
Expecting quick results	Plan for months.
Relying on yoga alone	Add walking and healthy eating.
Crash dieting	It can cost muscle and energy.
Overdoing heat	Sweat is not fat loss.
Judging by the scale only	Notice energy, strength and mood too.

10. Questions people ask

Can yoga help me lose weight?

It can support an active lifestyle, but it is not enough alone.

Is hot yoga better for weight loss?

No. You lose water, not fat. Heat adds risk.

Which style burns the most?

Faster, strength-focused styles use more energy, but consistency matters most.

How long until I see results?

It varies by person. Talk to your doctor about healthy goals.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Calorie	A unit of energy in food.
Strength work	Exercise that builds muscle.
Detox	A claim not supported for yoga.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Habits kept	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				