



YOGA DOWNLOAD

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The YogaDownload.com
Yoga for Weight Loss Program

Welcome to the YogaDownload Yoga for Weight Loss Program

Lose weight and feel great through the power of yoga!!

This is a challenging 3-week weight loss program that is designed to get results. By doing vigorous yoga classes five days a week for three weeks straight, you WILL see a difference in your physique and will lose weight.

This program includes 15 yoga classes that are designed to burn calories, get your heart rate up, and produce visible results. Two of the classes offer four different length options so you can choose the option that works best for you and have back-up shorter classes available in the event you are unable to do the assigned full length class one of the days. These classes are vigorous and will build strength and definition in every muscle group in your body. Several of the classes incorporate weight to really challenge your body, melt away fat, and shed pounds.



*Please note that this is a challenging program and is best suited for intermediate to advanced students who are looking to lose 10-30 lbs.

What you will get from this series:

- 🧘 Build lean muscle mass as you burn fat
- 🧘 Build your cardio endurance
- 🧘 Combat stress therefore becoming less likely to overeat due to stress
- 🧘 Increase your metabolism
- 🧘 Foster an inward focus so that you're more aware of how your body feels, thus changing the way you feel about and treat your body over the long term

The Classes:

Below are the list of classes for this program. We recommend you do the classes in the order listed and do one class five days a week for three weeks.

The Gear:

You will need a yoga mat, comfortable clothing, and a set of hand weights (3 lbs - 10 lbs depending on your strength level) for these classes.

The Food:

Below the class listings you will find a recipe guide with 21 healthy recipe options from Conscious Cleanse for you to choose during your weight loss program. Follow the instructions on the guide and choose one recipe each day.



Class 1

Yoga for Weight Loss 1 w/ Dawnelle Arthur

|multiple lengths|

We all know yoga is an excellent way to increase flexibility, build muscle strength, and reduce stress, but did you know yoga can also be an effective tool for losing weight? This Yoga for Weight Loss class provides a great way to help you lose the extra weight, and since yoga works to positively alter your consciousness, you will more easily be able to keep it off.

This level 1-2 class incorporates poses designed to stimulate the thyroid gland and tone the abdomen, and also works to create heat in the body to help promote weight loss from the inside out. This class is an excellent addition to your weight loss plan!

*This class has four different lengths to choose from, so choose the length that best fits your schedule (although we recommend going with as long a class as possible) and then come back to this class in the event you're not able to do an assigned full-length class on a given day.



Class 2

Warming Heart Flow w/ Jackie Casal Mahrou

|70 min class|



This class will warm your heart in so many ways! With Jackie's encouragement you will connect to joy, passion and grace as you flow through a warming sequence of backbends, lunges, and thigh opening postures that prepare you for One Legged Wheel Pose, Eka Pada Urdhva Dhanurasana. Throughout class, Jackie invites you to reflect upon what you love so that you can have a joyful and heart-centered yoga experience.



THE CONSCIOUS CLEANSE



A Conscious Cleanse Recipe Guide to
21 Simple and Delicious Recipes
to Help You Lose Weight

Jo Schaalman and Jules Peláez

Welcome to the Conscious Cleanse 21-Day Recipe Guide

We are so delighted that you have decided to join us for the [YogaDownload 21-Day Yoga for Weight Loss Program](#).

You're in for a grand adventure! We're Jo and Jules, co-founders of the Conscious Cleanse and it's our sincere hope that this recipe guide will serve you in making healthy food choices throughout your 21-Day Yoga for Weight Loss Program.

We encourage you to take one day at a time. Long term sustainable habits come from making changes slowly. It's not about expecting perfection from yourself or about putting forth some impossible regimen that will have you crash and burn as soon as it's all over.

You cannot fail here. There is no wagon to get on or inevitably fall off of, so relax and enjoy the ride.

[Here's the plan for the next 21 days:](#)

In our program we do our best to keep things simple. Everyday we encourage you to choose one recipe from the guide. Experiment. Try something new. Be willing to leave your comfort zone. We hope you'll discover new recipes that will become part of your everyday healthy repertoire.

When you fuel your body with nourishing whole foods, there is a ripple effect into other areas of your life. [When you eat consciously, you start to live more consciously.](#)

We like to say that vibrant health is not a destination it's a choice you get to make every single day over and over again. Please observe your body's reactions. Be kind and flexible with yourself. Proceed with courage, trust the process, and above all, enjoy the journey.

We hope you will consider joining us for our next [cleanse](#) or order your copy of [The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days](#).

With love and lots of green veggies,



Jules & Jo ♥

Jules Peláez and Jo Schaalman, Founders of the Conscious Cleanse

P.S. Questions? Please email us at connect@consciouscleanse.com. We'd love to hear from you.



Green Goddess Smoothie

Yield: 2 Quarts

Ingredients:

- 1 ½- 2 cups very cold, filtered water
- 6 cups spinach, chopped
- 5 cups organic romaine lettuce, chopped
- 2 stalks of organic celery
- 1 organic apple, cored and chopped
(We recommend choosing apple or pear, not both)
- 1 organic pear, cored and chopped
- 1 organic banana
- 1-2 Tbs. fresh organic lemon juice
- Few drops of stevia

Optional Ingredients:

- Ice cubes (the extra coldness can help newbies with the taste)
- ½ cup of organic cilantro
- ½ cup of organic parsley

Directions:

Add water, spinach and chopped romaine to the blender. Starting the blender on a low speed; mix until smooth. Gradually move to higher speeds and add the herbs, celery, pear, and apple. Add the banana and lemon juice last.



Stay Hydrated

Remember to drink plenty of water each day. We recommend starting your day with warm lemon water to flush toxins. Throughout the day, drink half your body weight in ounces of pure filtered water.



Acai Chia Breakfast Bowl



Yield: 2 servings

Ingredients for Bowl:

- ¼ to ½ cup unsweetened coconut milk
- 2 frozen packets of unsweetened acai berry (We recommend Sambazon)
- 2 ripe and frozen bananas
- 1 TB. chia seeds, soaked in water for at least 15 minutes

Ingredients for Topping:

- 1 banana, sliced
- ½ cup raspberries
- 1 mango, chopped

Directions:

Place 1/4 cup of coconut milk in a high-speed blender with acai berry packets, bananas and chia seeds. Blend on high until creamy to make bowl base. Add more milk as needed to reach your desired consistency. Transfer to a bowl and top with banana, raspberries and mango or any of your favorite fruit medley.

Garlic Caesar Salad

Yield: 2 salads

Ingredients:

- 1 head romaine lettuce, chopped
- 1 cup celery, chopped
- ½ cup fennel, chopped
- ¼ cup Garlic Caesar Dressing

Dressing Ingredients:

- 1 cup cashews, soaked for in water at least 20 minutes and then drained
- 2 cloves garlic, chopped
- ¼ tsp. sea salt
- 2 TB. freshly squeezed lemon juice
- 3 soft dates, pitted
- ¾ cups water
- 2 large stalks celery, chopped
- Freshly ground black pepper



Directions:

For the salad, combine romaine lettuce, celery, and fennel in a large bowl. For the dressing, combine cashews, garlic, sea salt, lemon juice, dates, water, celery, and black pepper in a high-speed blender and blend until creamy. Toss salad with desired amount of dressing and serve. Leftover dressing can be stored in the refrigerator for 3 to 4 days and makes a great dip for veggies.

Variation: Top with a sliced grilled portobello mushroom for a hearty option.