



Yogic Weight Loss Journey

Simple Routine • Natural Fat-Burning • Ancient Wisdom

Why This Works:

This simple yet powerful yogic weight loss routine is built on ancient wisdom. It works naturally by improving digestion, balancing hormones, boosting energy, and calming the mind. No diets. No stress. Just discipline and awareness.



Morning Routine (Before 8 AM)

- Wake Up Early (Brahma Muhurta)
- Drink 1 glass warm water with lemon
- Practice Kapalabhati & Agnisar (5–7 mins)
- Do 5 Rounds of Surya Namaskar
- 10 min Brisk Walk or Step Marching
- Chant: ॐ 'Aham Aarogyam' (I am health itself)



Evening Routine (Before Dinner)

- Light Walk or Gentle Stretching
- Vajrasana after meals (5 mins)
- Herbal Tea (No Sugar)
- Silent Sitting (Mindful Breathing - 5 mins)
- Journaling your day's effort



Yogic Lifestyle Tips

- Eat Satvic, warm, and light meals
- Avoid overthinking, oversleeping, and overeating
- Sleep by 10 PM — weight loss needs sound rest
- Repeat this routine consistently for 22+ days



Continue Your Journey with Shivangi

Stay connected with Shivangi for complete therapeutic yoga support and personal mentorship. Explore personalized classes for chronic disease, women's health, youth empowerment, and elderly wellness.

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Explore My Signature Yoga Programs

- *1:1 Therapeutic Yoga (Chronic Issues)*
- *Women's Lifestyle Program (Strī Shakti Chikitsā)*
- *Youth Wellness Program (Yuva Shakti Chikitsā)*
- *Senior Care Yoga (Vṛddha Shakti Chikitsā)*
- *Free eBooks & Mind–Body Awareness Tools*

📖 Join the authentic yogic path today with Shivangi.
Bodhah Eva Jeevanam — Awareness is Life.