



Yoga Body Diet

Kristen Schultz Dollard , John Douillard

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A YOGA BODY IS THE ONE YOU HAVE NOW, ONLY HEALTHIER. This book is your complete guide to how to get it. And the benefits don't stop at your appearance. At the end of 4 short weeks, you'll feel better, you'll think more clearly, and you'll find it's much easier to keep a positive mindset and roll with life's inevitable punches. It's not as difficult as you might think! Here's how it works. The newest research has demonstrated beyond the shadow of a doubt that active relaxation triggers better blood flow to your organs, improving digestion and immune function. Yoga also puts you more in touch with your body, decreases stress and blood pressure, and regulates your nervous system, cultivating balance in the body. And it pulls muscle toward bone, creating a lithe and lean frame rather than gym-built bulk. The Yoga Body Diet shows you exactly how to eat well, shop wisely, and stretch yourself slim. The best part? NO YOGA EXPERIENCE NECESSARY. On this easy, 4-week plan, you will eat, move, and think according to your natural rhythms. You'll relax your systems rather than stressing them out, so that you won't experience the intense hunger pangs that often come when the body is in overdrive. In 4 short weeks, The Yoga Body Diet shows you how to de-stress your life, balance your system, and get the yoga body you've always wanted . . . for life.

Yoga Body Diet Details

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From Reader Review Yoga Body Diet for online ebook

Kathryn says

What is the yoga body diet? Bringing one's self into balance by reducing stress, and reducing stress through eating (and avoiding) specific foods and practicing specific yoga poses for your dosha.

Very readable, first half of the book describes the four week process (personalized for Vata, Pitta, and Kapha), the second half gives a list of recipes and pose illustrations/descriptions.

Heather says

I first read this book back in college when I was just discovering the world of yoga - and, by extension, Ayurveda. This book revolutionized my approach to eating and cooking as a very young adult, allowing me to shed pounds, start preparing my own food for the very first time, and begin to feel vibrant and healthy. Now, 10 years and 3 babies later, this book still has a much-loved spot on my shelf. I don't think I could have made it through the ups and downs of my consecutive pregnancies while still retaining my body's physique and health if it weren't for the simple and clearly defined Ayurvedic principles and foundations laid out in this book.

The step-by-step approach makes it very easy to dip into the radical lifestyle guidelines of Ayurveda, providing a nice checklist as you progress each week. It addresses the needs of specific body types, tailoring the approach to your physical needs. The recipes included were different, but good, while all being very easy for a beginner to prepare. I do find that as I've expanded my culinary skills I don't turn to the dishes included in this book as often, but the seasonal grocery lists for each dosha have been in a steady rotation on the side of my fridge all these 10 years.

I continue to recommend this book, as well as co-author John Douillard's extensive online resources at lifespa.com, to anyone who expresses an interest in learning about the benefits of an Ayurvedic lifestyle.

Katie Hilton says

This book is going to be great to get started with. This is a good companion read with Mind, Body and sport...they teach about the same types of things.

With a focus on breathing and finding your body type in order to know which foods keep you balanced, I think reading these books together are a compliment. I have started putting into practice a few suggestions to help with digestion and I've seen results within days. Now that I have read through the books, I am going to be trying this 4-week plan.

Brindi Michele says

The perfect book for yoga beginners, or anyone a fan of yoga interested in integrating the practice in all facets of their life. This book breaks down the three different doshas (or

lifestyles/personalities/characteristics), explaining how to apply each one to your every day life through power poses, sequences, ingredients, and recipes. It's really convenient how the book gives one recipe, but breaks it down into the three different doshas' needs. Everyone is different, and I like how the author reiterates this. This is not something to follow to the tee; it's a helpful guideline, and quite forgiving.

I am a PITTA, and when I'm getting my particular dosha requirements I'm at my best. When I'm not, my focus, diet, health, practice, and sleep suffer. And I can easily see that now, and better yet, understand why.

The Yoga Body Diet is a great addition to any yoga fan's shelf, and reads quickly and can be easily referenced. I heard it's available in ebook format, and I think that would be great, but I prefer to grab the actual book and easily find my kapha sections....to see the routines and pose index. A great purchase.

Liz Michaels says

I do exercise and eat in moderation, so I haven't learned anything new from this book.

Sarah says

Although I have issues with the title alone (I don't believe in such a thing as a "yoga body" and I definitely don't think one can attain it in four weeks), there is some good information here. Those completely unfamiliar with yoga and Ayurveda might be a little overwhelmed, while those with lots of exposure to these ancient sciences might be a little underwhelmed. This is a nice book for those who are somewhere in the middle and curious to learn a bit more. I understand that the title is designed to grab attention and appeal to the masses but as a yoga teacher and someone who struggled for years with weight and body issues, I'm just not a big fan of the approach.

Robyn says

Contrary to the title, this book is not about some sort of fad diet. I would never be interested in something like that. It's about ayurveda and the yoga lifestyle. It's about finding your ayurvedic "dosha" (please don't ask me to explain this) and approaching your life in a manner that balances your dosha. Ayurveda is an ancient manner of healing the body through healthy food. It's about nutrients and movement. This book helps you find out your dosha and then gives tips on how to calm it or help it rise through your version of yoga or diet. It has many recipes, which are the same for all doshas except for minor differences in the ingredients. It has diagrams of many yoga poses. The diagrams are good and the instructions simple and easy to follow. When I took the quiz to determine my dosha, I wasn't totally convinced (based on descriptions of each in the book). I had to spend some time online doing other quizzes and reading about doshas before I felt comfortable with mine. In other words, you can't progress with the book without being sure about your dosha. Ayurveda is rather complex, so I'm still kind of confused, but it's been a fun thing to explore.

Jamie says

This book is now on my e-book wish list. I borrowed it from BCPL, and would like to have it to refer back

to, and it's PERFECT for the ebook format.

at any rate, it gives you a diet for your ayurvedic dosha, that I've already put partly into play (most interesting discovery - I should eat hot breakfast instead of cold cereal, in fact I should eat more hot food since I'm always freezing.)

Also, the yoga position drawings were really helpful, for a new yoga practitioner or an experienced one.

At any rate, simple and helpful.

Kellea says

I love, love, love this book! It's the first fitness/diet book that actually breaks down what "type" of eater you are and what type of fitness and diet plan you should be on. Who knew there was a type? This revelation has allowed me to realize that there is not "one size fits all" for diets I'm interested in trying and that in order to find something that works for me, I need to figure out how I work, then go from there.

I also like that this book provides a pre-quiz to help you figure out what "type" you are along with a recommended yoga plan and recipes to cook for your eating plan.

I recommend this book for anyone who thinks they might be "yoga-challenged" and not sure where to start. Start here.

And by the way, Rodale books has a whole series of health/fitness books that all look very interesting.

Christy says

I liked the recipes and the included practices. I enjoyed the information about different types of yoga for different Doshas. Other than that, most of the information I have already read in other books on Ayurveda.

Wendy says

The Yoga Body Diet makes ancient Aruyvedic principles accessible to those looking to find balance. Aruyvedic science, the sister science of yoga, uses food to balance and heal the body and mind. The Yoga Body Diet packages food, mindfulness and yoga--you'll learn how to eat for your dosha (your body and mind type) and will learn that how you eat is just as important as what you eat. Most importantly, you'll say goodbye to fad diets and instead embrace a healthy mind-and-body lifestyle. This is a back-to-basics, common-sense approach that should help you feel calmer day to day.

Starr says

For a random pickup at the library, this was surprisingly good. The three types of diets aren't really backed by serious research (you take a little quiz to determine which one you should choose), but you honestly

couldn't go wrong with any of the choices as they're veggie heavy and easy on the treats. I loved the explanations of the poses, recommended workouts, and the gentle nature of the entire plan.

Colleen says

Read this book while laying on the couch with the flu. Interesting ideas and ayurvedic concepts, to eat according to your dosha and surprisingly enough I've been craving a lot of the foods that I'm suppose to be eating for mine. I found the concept of eating 3 meals a day instead of several small ones interesting and if I could actually withhold from snacking I might actually try! Interesting read, although not sure how much I'm going to put into practice from it after reading.

Rachael says

Awesome book. Very interesting. Great yoga background. Excellent explanations of body processes and pros/cons of yoga to become healthier mentally and physically. Includes recipes for each of the 3 types and a comprehensive yoga poses index at the end. A book I'd definitely recommend picking up!

Stephanie says

Great information and lots of good ideas here.
A good choice for everyone's personal library.
Highly recommended.
