

Yoga Weight Loss Infographic Intro - Ali Kamenova

If you have been following me for a while you know that Yoga will definitely burn calories to help you lose weight, but if you truly want to elevate your strength and boost your metabolism, consider incorporating interval training into your yoga practice.

Interval training offers high-intensity spurts of activity with recovery periods to increase your metabolism without having to spend an hour or more to get the same calorie burn.

A regular yoga practice is a great way to get into shape, build muscle, and feel healthier, but adding interval training to your practice will help you get the physical results you've been jonesing for.

Yoga and interval training is varied enough that it keeps you fresh physically, ensuring all of your muscle groups are getting the variety they need for maximum strength. With a dedicated practice, interval workouts, and a clean, healthy diet, you won't have any problem shedding the weight you've been wanting to lose for ages.

If you've been on the lookout for an effective workout that combines your deep love of yoga, then consider [giving my power yoga workouts a try](#). You'll notice a huge difference in your appearance, stamina, and mental health. Not only will you notice your clothes fitting better, you'll see you're calmer, more grounded, and more aware on and off the mat.

Take a look at the infographic below to learn more about the positive effects yoga can have on weight loss. If you want to know more about the science and what positive effects yoga has on a physiological level you can [check out this article on somuchyoga.com](#).