

## Yoga for Weight Loss

“The first thing you need when beginning a weight loss program is a certain mindset.” So says Trish Stratus, who has created a program that utilizes Yoga as a method of losing weight. Most of us know yoga is a great total body workout, but after spending some time talking with Trish, it seems it’s more about the shift in your perspective that starts to happen when you practice yoga that will help you be a healthier and happier you. Trish tells us about setting your intentions, focusing on a goal and then putting words into action.

“You have to decide that you want to take control of your life and then decide that you and your health are worth it,” says Trish who after being in the health/fitness industry for over a decade has learned to view her eating habits as lifestyle choices rather than a diet. She stresses that no matter what your level of physical activity, your approach to eating can be even more impactful to the way you look and you feel. Cutting out processed food, according to Trish, is a great place start!

“If you look at your food and it’s in its natural state, then you can say ‘Yes!’ check it off and enjoy. If you stick to a basic rule of eating unprocessed foods and as much as possible eating fresh, locally grown foods, you’d be surprised what a difference it would make.”

The Yoga for Weight Loss program at Stratusphere is, “a step-by-step approach to teach you how to transform eating patterns to promote and maintain a healthier body, reduce body fat and improve both bone density and cardiovascular health.” With instructor Lynda Montis at the helm (certified nutritionist and yoga/pilates teacher), you can be assured that you’ll have a highly qualified and, most importantly, empathetic guide to weight loss. Lynda has managed to over a 30 year period; maintain a 60 pound weight loss. Lynda says, “For me, my yoga practice and the lessons that I have learned and applied off the mat have been the key focus of my weight loss journey.” While her qualifications speak for themselves, Lynda is walking proof of her instruction, as Trish is quick to point about Lynda, “approaching 60, not only does her practice look like that of someone half her age, but so does her body and her skin simply glows”.

Their hope is to create a class environment that acts as a community where students are going through the experience together. The initial workshop which begins Saturday October 16 offers an information session as well as a yoga class either before or after depending on experience level.

Even if you have reservations about your ability to perform the poses and movements, Trish points out that any physical restriction should not stand in your way of making the necessary mental adjustments that will allow you to move in a positive direction. In fact, this program was designed to cater to those who do not feel comfortable enough to jump right into class, for those who are frustrated because they don’t feel like they have a starting point,

“Even if you haven’t been active at all and you struggle with weight loss, this workshop will give you invaluable information and give you an opportunity to gain the right mindset needed to help you take control of your life”

If you have any questions for Trish, please send an email to [trish@snapvaughaneast.com](mailto:trish@snapvaughaneast.com) or visit Trish at Stratusphere, located in The Village at Vaughan Mills at 255 Bass Pro Mills Drive.

To register for this **Yoga for Weight Loss** workshop or for class times, visit [www.stratusphereyoga.com](http://www.stratusphereyoga.com) or call (905) 760 – YOGA (9642) to speak to a yoga advisor today!