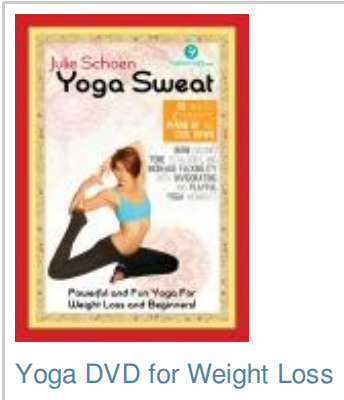


Best Yoga DVD For Weight Loss And Toning Now Available 50% Off

Brandon Schoen January 17, 2014



Considered one of the best yoga DVDs for weight loss and toning, Julie Schoen's Yoga Sweat is being offered for 50% off its original price today through Sunday, January 19th. To claim the offer, enter this discount code, YSWEAT50, at checkout on Amazon.

(Newswire.net -- January 16, 2014) Santa Fe, NM – If weight loss and physical fitness are part of 2014's goals, this yoga DVD is a must have. Considered one of the **best yoga DVDs for weight loss and toning**, Julie Schoen's Yoga Sweat is being offered for 50% off its original price to all Amazon customers today through Sunday, January 19th. To claim the offer, simply enter this discount code, YSWEAT50, at checkout on Amazon and enjoy the savings offered by the local yoga company

Yoginiology.com.

Julie Schoen has been teaching yoga for nearly a decade and has become one of the most popular instructors in the Southwest. Her background of Bikram, Iyengar, Ashtanga, and Vinyasa makes her classes unique, while being seamlessly sequenced and endlessly fun. Her love for yoga and life shines through her teaching, which is often sprinkled with humor and a lot of spunk.

It is no secret that **yoga is a great way to stay in shape**, both physically and mentally, which is why celebrities, models, professional athletes, congressmen, parents, and college students across the nation are often caught toting a yoga mat to and from a studio. And while there has been lots of good press around the practice of yoga in recent years, there has been an equal share of the not so good, especially when it comes to the reality of its ability to burn calories and lose weight.

According to Schoen, the cause for the division stems from the fact that "yoga" has taken on so many forms in today's world. "There are about as many styles of yoga as there are yoga teachers," she says. "Not all types of yoga are meant to promote weight loss or offer an intense cardio workout, which is why when all **yoga** is lumped into one category some experts remain convinced that it doesn't work." But Schoen is sure that when she wants to teach a class that is geared towards weight loss and total body toning her students get the results they want – and she has a long list of students whose dramatic results will agree.

The DVD is available now on Amazon.com.

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Amazon.com:

<http://www.yoginiology.com/YogaDVD>

<http://www.amazon.com/Yoga-Sweat-Weight-Julie-Schoen/dp/B00GHU89PA/>

Blog:

<http://yoginiology.com/booksanddvds/>

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