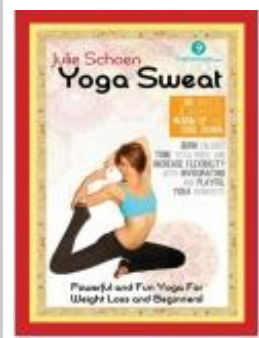


Best Yoga DVD On Amazon Promotes Weight Loss And Toning For Women

Brandon Schoen February 21, 2014



Best Yoga DVD On Amazon

Yoga Sweat with Julie Schoen is currently ranked as the best yoga DVD on Amazon for women looking for a workout that promotes weight loss and toning. A yoga instructor for nearly a decade, Schoen's teaching style is fun and effective.

(Newswire.net -- February 21, 2014) Boulder, CO -- There are a lot of exercise DVDs available on the market, many featuring well-known celebrity trainers, like the all-star cast of The Biggest Loser, and celebrities themselves whose names are enough to make people shell out big bucks just to virtually workout with them. Julie Schoen might not be a household name, but her new DVD, Yoga Sweat, is turning heads as it was recently named the best yoga DVD on Amazon for weight loss and toning.

Schoen is the yogi behind the blog and brand Yoginiology.com and is well known with New Mexico's yoga crowd. Trained in the Bikram, Iyengar, Ashtanga, and Vinyasa traditions, her background makes her teaching creative and precise, effective and fun. The author of many best-selling books, Schoen's first DVD is allowing people who are far away from her home base in Albuquerque a chance to experience her popular classes from the comfort of their own home.

Yoga has become a popular way to get in shape for celebrities, models, and women everywhere. Even professional athletes are turning to yoga as a great way to cross-train. And while there is no doubt to the **benefits of yoga**, it can be difficult to find the exact type of yoga to get the results desired. Some classes offered focus on relaxation and restoration while others work on the subtle body, which includes energy work and more. And while a great instructor with a well-sequenced class should be able to offer all of the benefits, weight loss and muscle toning require a little something extra.

And that little something is exactly what Schoen is known for.

"People like my classes because they are challenging and fun. They work up a sweat during class and are sore the next day, but they keep coming back for more because of the results they see – and because it is so much more invigorating than lifting weights or working out on equipment at the gym."

Yoga Sweat is designed for beginners, not including any **yoga poses** that are considered advanced, but will challenge most people, even those who are used to working out. Schoen says that the key to finding success is not giving up, even when it gets hard.

"When you start out you may only be able to do a few minutes at a time – and that's fine! It takes time to learn the moves if you're completely new to yoga, and it takes time to build both the muscle and cardio endurance. But," she promises, "If you stick with it you will be so happy that you did. You will look great and feel great!"

Customers can purchase the **weight loss and toning yoga DVD** now on **Amazon!**

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For more information contact: Julie Schoen

Website:

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

Youtube:

Best Yoga Dvd for Weight Loss and Toning for Women

Amazon:

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

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