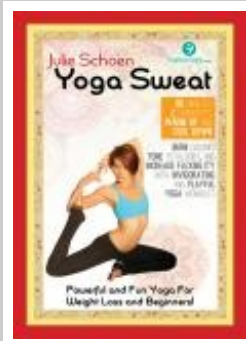


Weight Loss Yoga Sweat DVD Now Back in Stock

Brandon Schoen July 30, 2014



Weight Loss Yoga Exercises

Renowned author and yoga teacher Julie Schoen has gladly announced that her previously sold-out Yoga Sweat DVD is again available to the world through Amazon and trusted online yoga store ShopYoginiology.com.

(Newswire.net -- July 30, 2014) Detroit, MI – It has been more than a month since summer began in the United States and other parts of the world and people are still chasing the beach—some for fun and relaxation and others to flaunt their hard-earned beach bodies.

For those whose weight loss programs failed and were not able to make it to their dream summer bodies, acclaimed author, yoga teacher and founder of Yoginiology.com Julie Schoen says “you still have time,” as she invites everyone to begin a healthy and fit lifestyle through her self-titled easy-to-follow *Yoga Sweat* DVD that features 80 minutes of invigorating and playful workouts to burn calories, tone the body and increase flexibility.

Julie Schoen's Yoga Sweat, which was hailed the Amazon's Best Yoga DVD for being sold out recently, offers traditional yoga poses mixed with her unique and creative flowing style to help a person lose weight and tone the body from head to toe. It is perfect for beginners in yoga but appropriate for all levels.

This DVD that is again available on Amazon and ShopYoginiology.com is comprised of two intense 30-minute [weight loss yoga exercises](#). The first one focuses on burning calories and building heat though fun and effective yoga poses specifically designed for toning and strengthening legs and glutes while the second session keeps the sweat going with a vigorous sequence of yoga poses to strengthen the arms, back, and core, and flatten the mid-section quickly with tummy toners.

While Yoga has been considered for centuries as a discipline to improve one's physical, mental and spiritual health, a recent research published on *American Journal of Lifestyle Medicine* said that practicing yoga may be associated with [weight loss](#) or maintenance. In a separate study funded by the National Cancer Institute at the Hutchinson Cancer Research Center in Seattle, medical researcher Alan Kristal found out through his 15,500 middle-aged men and women respondents that yoga could indeed help people shed significant number of pounds.

Get a summer body while adding peace and calm to life with *Julie Schoen's Yoga Sweat DVD for weight loss*. Buy the limited edition copy by visiting <http://shopyoginiology.com/collections/frontpage/products/yogasweatdvd> or <http://www.amazon.com/Yoga-Sweat-Weight-Julie-Schoen/dp/B00GHU89PA/>

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Amazon link:

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Shop:

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