**Losing Weight with Yoga-aided High Metabolism Rate**

Have you been working out hard at the gym and still not able to reach the golden figure you set the target for? Have you been running those endless miles to the horizon but still waiting for the flab to go away? Have you been off lately on a diet and still not managed to trouble the weighing scale a bit?

Well for all of us who have been on the dark side of the weighing scale have gone through a phase where every effort of ours looks as if we are heading nowhere. Where we think we have hit a road block and for some of us it might be the end of our weight loss program.

This is the right time to hang on, to trust in self and keep pushing the limits. Let’s not get bogged down with the result but give it all in during each of our session and hope for the best; because at the end of the day, that is all we can do. What we have in our hands at this stage of weight loss program is our mind and saving our mind at any cost would surely help us to achieve the desired result.

Our body has a beautiful automated defence system within. Suppose that you have been running on the treadmill from the past 2 months and yet the weight is not budging even an inch. This can be because the body has adapted or tuned itself to an extent and is now able to take the wear and tear and still manage to keep the same weight.

**A time to fine tune:**

One of the key to weight loss which worked out for me was to keep the metabolism high. This can be achieved by fine tuning the workouts. Adding weight training, resistance training or introducing simple yoga poses which would help not only help to keep the metabolism high after your workout but help you to get a defined shape, tone your muscles and the results are fruitful. Yoga poses also helps to calm down the body after a strenuous session at the gym. It uplifts your energy rather than burning you out and encourages you to hit your weight loss program the next day again.

Here are few of my favourite yoga poses which I practice after a cardio or a weight training session which help to keep the metabolism high. Personally, I know that this is one of the best ways to lose weight and if it has helped me, there is no harm in trying it out.

All these yoga poses are targeted to have a stronger abdomen and a stronger digestive system which aids to the metabolism rate. While these poses are the ones which mostly work on your abdominal region, there are benefit other areas too.

1

[**Shalabasana (Locust pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/shalabhasana-locust-pose)



The Locust pose works on the hamstrings, lower and upper back and lungs. It helps to fight fatigue and constipation. It also helps to stimulate the abdominal organs which keep the metabolism going high.

2

[**Naukasana (Boat pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/boat-posture)



The Boat pose activates the thyroid gland while strengthening the abdominal region which aids in improving the digestion. A better digestion would lead to higher metabolism.

3

[**Dhanurasana (Bow pose)**](http://www.artofliving.org/in-en/yoga/yoga-poses/bow-pose-dhanurasana)



The Bow pose works on many parts as the whole body is involved going into the pose. It helps to fight fatigue, anxiety and constipation which would help to maintain a higher metabolism rate.

4

[**Sarvangasana (Shoulder Stand)**](http://www.artofliving.org/in-en/yoga/yoga-poses/shoulder-stand-sarvangasana)



The Shoulder Stand helps to stimulate the thyroid and abdominal organs, thus resulting in better digestion which would keep the magic mantra going!

5

[**Surya Namaskar (Sun Salutation)**](http://www.artofliving.org/in-en/yoga/yoga-poses/sun-salutation)

Sun Salutation is a series of 12 yoga poses which is a complete body workout.

Explore some more [weight loss secrets](http://www.artofliving.org/in-en/yoga/yoga-for-beginners/five-secrets-weight-loss-with-yoga).