



Body Sculpting *with* Yoga

*The Revolutionary Way to
Sculpt and Shape Your Body*

over
125
total body
exercises

**Plus Daily Workouts and
Nutrition for Amazing Results**

Gwen Lawrence

Creator of the Power Yoga for Sports Program

Praise for Gwen Lawrence

“Gwen has been the yoga coach for the New York Giants all of the years I’ve been in the franchise. Our players flock to her sessions to improve their flexibility, balance, and breathing awareness. She has had a tremendous impact on our performance enhancement.”

—Bill Sheridan, Assistant Coach, New York Giants

“I have worked with Gwen for only a couple of months and I have recognized tremendous gains in my flexibility, core strength, and balance which are essential to staying healthy and explosive. I consider myself lucky to have learned as much from Gwen as I have in such a short time.”

—Kevin Booth, Offensive Guard, New York Giants

“The Yankees have utilized Gwen Lawrence’s services as an alternative way of providing the core stabilizations program of our players through her system of Power Yoga for Sports. I have found her to be extremely professional and look forward to working with her more.”

—Brian Cashman, Senior Vice President and General Manager, New York Yankees

“Gwen is great. She *always* makes you feel like you can do it!”

—Hoda Kotb, television news anchor and co-host of NBC’s *Today* show

“Gwen Lawrence has been a personal friend of mine for over 10 years. She has developed a unique profession that utilizes the best from the worlds of yoga and massage therapy. She combines conventional stretching, strength, and balance training with the teachings of mental discipline and breath awareness, all of which are so vital in the world of professional athletics.”

—Frank Gifford, NFL Hall of Famer

“We have been a client of Gwen Lawrence’s for 12 years and cannot give her a stronger recommendation. She has given us a tremendous boost in taking care of our various aches and pains and sports injuries over the years.”

—Joy & Regis Philbin

“Gwen Lawrence has been a trusted friend for many years. More than just a friend, she has helped me maintain my health and rehab me through surgeries and injuries. Without a doubt, she is one of the finest teachers and practitioners in the whole country. Gwen Lawrence can change your life.”

—Regis Philbin, television personality and host of “Live! with Regis and Kelly”

“We have worked with Gwen and her Power Yoga for Sports system for years and have found not only her style, but also her methods, to be as approachable as the girl next door. Far from scaring anyone off, Gwen’s teachings make the practice of yoga something that anyone can do, at any time.”

—Lee Woodruff, author of *In an Instant* and contributing reporter for “CBS This Morning”

“You have prepared me for everybody and anybody. There is nothing I can’t do that they ask of me and I know how to listen to them explain what they want. Thank you for teaching me how to grow confident in my own body! This is an immeasurable gift!”

Body Sculpting with **Yoga**



Gwen Lawrence

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Body Sculpting with Yoga

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Dedication

I completely dedicate this book and its inspiration to the love of my life

My husband

My one and only

Who does everything

So I can pursue

My life

My dreams

My purpose

M.E.

&

B.T.C.



Introduction



Gwen Lawrence, fitness professional and creator of the Power Yoga for Sports training program and the VYX™ (Vinyasa Yoga Extreme) system.

I have been a dancer since the age of 3. It was a world far different from the current *Dance Mom* mentality; dance kept me on the straight and narrow, committed and organized. I continued dancing through high school as a principal contributor and leader of the company. My dance teacher was strict and crystal clear on her objectives. At the time, I resented her style, but I now realize her approach was the seed that spawned my no-nonsense, tough love approach to teaching yoga to high-level athletes today, so thank you, Mrs. Kopp. My love of dance continued through college as my minor and eventually set the stage for my love of movement and my ability to choreograph the original body sculpting yoga flow series that are found in this book.

I have been a working fitness professional since the age of 18. I placed fourth in Miss Fitness America when I was in college and have always loved the feeling of lifting weights and cross-training my body. I worked and ran fitness facilities and created programs to help people reach their fitness goals. I even trained in step aerobics until the minute my first son was born. It is not surprising that he loves fitness and thrives on working out as all my sons do ... they were exposed in utero!

After college I attended The Swedish Institute College of Health Sciences in New York City and have been a massage therapist to the stars and elite athletes since 1990. With massage, I have worked with physical therapists, in fitness facilities, with chiropractors, and on doctor referral. All of this experience has given me a deep knowledge and understanding of how the body works and rehabilitate and also how to train the body to maximize performance. To be a yoga teacher you are required to study only 20 hours of anatomy, yet I easily have 100 times that and growing. (I know this because I own a Yoga Alliance-accredited yoga school, Laws of Yoga School of Yoga, where I teach people to become yoga instructors!)

Finally, I have a unique ability to read bodies. I position my clients and athletes to analyze them for imbalances and symmetry that inevitably (if left unaddressed) will lead to injury. Leaving symmetry problems unresolved is like never rotating the tires on your car and then just driving and driving on the

balding tire until it blows! I have people around the world sending me photos to analyze their posture and I help to relieve some nagging mysterious pains. To me, it's all about preventing injury in the first place and enhancing performance thereafter.

What Can This Workout Do for You?

Many of you are likely busy and motivated women, overworked moms, or just someone looking to bring better health habits into their life. *Body Sculpting with Yoga* will show you how to achieve your health and fitness goals through the powerful sculpting, toning, and strength-building benefits of yoga-inspired exercises.

It is not my intention to scare or intimidate you about my life's work with professional athletes. Quite the contrary. I tell you my journey so you can rest assured that the exercises and workouts in this book have been built off of my time-tested techniques and will bring results.

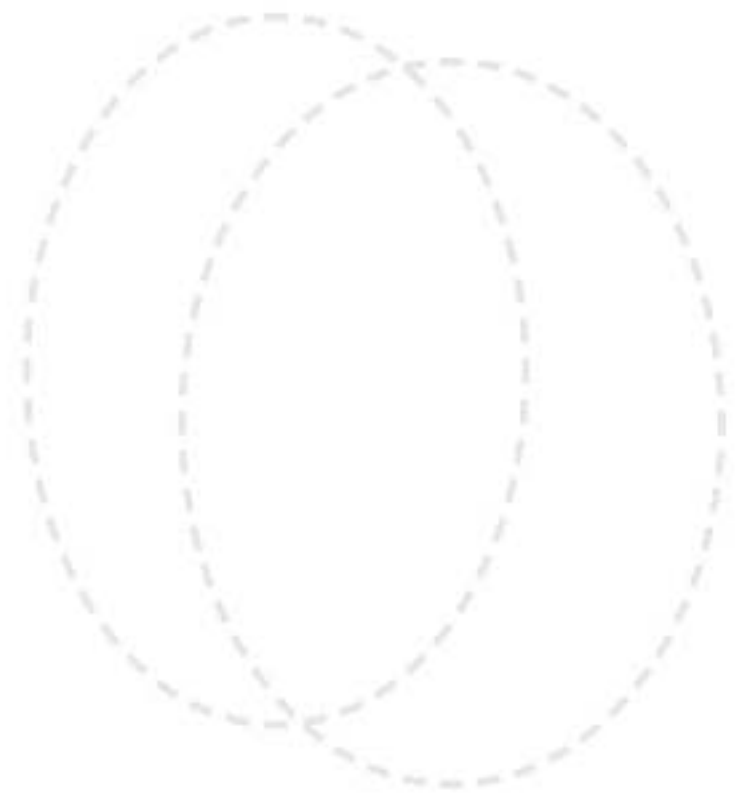
In *Body Sculpting with Yoga*, I give you the basics of yoga and then bump it up with weights and repetitions, along with creative series, so even if you have never tried a yoga workout, you can still feel comfortable with this hybrid approach to training. I ask that you just do it! There are no excuses. The first step is reading this book and the next step is taking action. Set your goals, set your intention, and set your pace, then watch what happens. You'll notice increased energy levels, an improved body image, and better sleep. Be a doer, not a watcher, and redefine your purpose to achieve fitness goals you never thought possible]

Every day, I help people transform their lives from good to great, helping my clients reach their highest potential using my power yoga for sports philosophy to **A**ttain fitness, find **B**alance, **C**reate goals, and **D**efine personal happiness in work, school, family, and life the way only an intuitive yogi and seasoned mom can. Now let's get started building the body you've always wanted!





Part I: Body Sculpting with Yoga





About the Exercises



You have made the decision to move towards a better, healthier life and you are now ready to embark on this journey with me. I am so proud of you for taking the first steps and empowering yourself. Let's talk about the types of moves you will be doing and why, and also go over some do's and don'ts to expedite your results.

Types of Moves

Body Sculpting with Yoga utilizes an original hybrid yoga system that I developed, which takes the best aspects of my Power Yoga for Sports system, hybrid yoga, and VYX™ (Vinyasa Yoga Extreme).

The Power Yoga for Sports system caters to athletes of varying fitness levels, ranging from weekend warriors to professional athletes. The workouts are designed to enhance an athlete's performance and prevent injury by bringing awareness to their body and considering their training cycle, as well as utilizing specific yoga routines that are designed for the athlete's sport and position. All of this helps the athlete utilize their training time to the fullest. Power Yoga for Sports uses six training principles—balance, strength, flexibility, mental toughness, focus, and breathing—to get players to the next level.

Hybrid yoga is a type of yoga that incorporates the discipline and *asanas*, or poses, of traditional yoga and adds other training techniques such as weights, resistance bands, high-impact movement, jumping, plyometric-inspired moves, physio-balls, and much more to increase results and transform bodies. The focus of *Body Sculpting with Yoga* is to utilize the flow and physical benefits of yoga classes, while upping the game by adding traditional weightlifting moves and hybridized yoga poses that keep you engaged and moving.

The biggest challenge is utilizing VYX™ during your workout. This is a concept I trademarked which involves attaching wrist weights and ankle weights, and even wearing a weighted vest, to increase the effectiveness of your most common yoga moves. By wearing the extra weight on your body, you get all the benefits that yoga has to offer coupled with the benefit of weight-resistance moves, which increases the difficulty, burns more calories.

With the combined benefits of the Power Yoga for Sports system, hybrid yoga, and VYX™, the *Body Sculpting with Yoga* workouts will:

- ◆ Increase bone density with resistance work

- ◆ Build muscle
 - ◆ Burn more fat, even at rest
 - ◆ Add cardio training to your yoga
 - ◆ Keep you challenged and motivated
 - ◆ Streamline your yoga training
 - ◆ Speed up results
-

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