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Fitness Yoga Starter Kit



by Kris Fondran

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Part One

Introduction to ShapeShifter Yoga



Introduction to ShapeShifter Yoga

Ever heard of “yoga butt”?

No, I’m not making that up. Yoga practitioners are so famous for having great butts that they even invented a term for it.

You see, if you want your body to look great, you have to give it some SHAPE. And it’s the form of the MUSCLE under your skin that gives you your “look.”

GOOD yoga is a fantastic way to shape those muscles. After all, yoga is a systematic approach to bodyweight resistance training.

But beyond simply sculpting your muscles and giving you a nicer shape, there’s solid evidence that regular yoga practice can even help you lose fat.

In 2005, researchers from Seattle found that overweight people who practice yoga tend to lose weight. “Those practicing yoga who were overweight to start with lost about 5 pounds during the same time period that those not practicing yoga gained 14 pounds,” says Kristal, the head researcher.

One of the ways yoga may affect weight loss is through something called “insulin sensitivity.”

Insulin is your body’s “storage” hormone. It shuttles energy and nutrients from your blood into your cells.



If your insulin sensitivity goes down, you store more energy as fat instead of storing it in the muscles and other lean tissue.

In 2008, Indian researchers discovered that a regular yoga practice of at least one year's duration increases insulin sensitivity. That's great news if you're trying to lose fat and sculpt a more shapely body!

Sculpting a beautiful, healthy and energetic body requires balance, strength, core stability and flexibility. All of these attributes can be improved by regularly performing the 8 essential yoga postures in my Fitness Yoga Starter Kit.

Finally, the benefits of flexibility training go beyond the purely physical.

Yoga has been proven to connect body, mind and, spirit, and over time this connection can enhance your physical, emotional and mental capacities, relieving stress and improve overall health and well-being.

It will also change your posture, confidence and poise in ways you never imagined possible.



Yoga is for Everyone

Before we get started, I'd like to ask you to do one thing for me...

If you're new to yoga, then please forget everything you've heard about it.

The media has given people the inaccurate impression that yoga is something for slim, extremely flexible women. And others seem to think yoga is about taking your leg and putting it around your head.

Even more people will tell you, "I'm too inflexible to do yoga."

**And that's just not the truth.
Yoga meets you where you are.**

Everyone knows they need to stretch. Unfortunately, far too few of us make the time.

Yoga contains so many tools to help you improve your flexibility and your overall sense of well-being. If you don't physically feel good, then your quality of life will decrease dramatically. And it doesn't have to be that way.

That's why this easy Yoga Starter Kit was put together.

This Kit is for someone who doesn't want to spend a lot of time on stretching or yoga. It's for those who say "I'm not sure I can really do a whole yoga routine." And it's for those who need to warm up before a workout. Something to get your blood pumping your muscles warmed so you don't hurt yourself. But the benefits go beyond just warming up.

I'll bet you'll find that you have more strength and flexibility within your routine after doing this sequence of yoga moves.

This fun intro program was designed as a quick way for you to develop your yoga practice, increase your fitness, quickly start losing body fat and get yourself ready to join me in doing the full [Shapeshifter Yoga](#) program.





The full program takes over where this Starter Kit leaves off. It accelerates your fat loss, increases the toned and sculpted look of your muscles, continues to enhance your energy and improves your overall sense of wellness.

And it's all based on scientific principles woven into a traditional yoga practice for maximum body transformation in the least amount of time.



The 8 Poses That Will Give You A Toned, Sculpted, Lean & More Balanced Body

I hand picked these 8 poses to give you the greatest benefit in the least amount of time.

Each movement in the Fitness Yoga Starter Flow requires significant muscle contraction to move into and hold the pose. This is what helps develop the improved insulin sensitivity we talked about earlier. And that will increase your fat loss.

Building your strength in these 8 key poses also tightens and tones your body, giving you a more attractive overall shape.

Beyond the powerful physique benefits of this Starter Flow, each pose also has significant health and wellness benefits.

The **palm tree pose** helps loosen up the chest and shoulders. It increases breath capacity, and is also great for digestion.

The **swaying palm** tree works the sides of the body. It helps to balance the right and left group of postural muscles, and gives you a really nice stretch up the side too.

The **cat/cow pose** gives you an extension and a flexion in the spine. Most people have back issues from sitting for long periods at a computer, driving, and from not doing enough flexibility training. This pose is great for extension and flexion of the torso. If you can only do one pose per day, choose this one.

The **bow pose** is another back extension, and it also helps stretch the hips and thighs.



The **half moon pose** is a hip extension that also helps stretch the quadriceps. It loosens up the low back because it's an extension. And because the arms are extended upward, it's good for opening the chest and shoulders.

The **downward facing dog** is a great weight bearing pose. The focus is on stretching out the hamstrings, but this pose also works on the hips and low back if you do it correctly. The idea is to have a completely a flat back. When you eventually get your heels down in the pose, your body will form a nice mountain shape.

The **eight point pose** is another weight bearing pose. This one builds upper body strength. It strengthens the legs and arm muscles, develops the chest and stretches that hard-to-reach area between the shoulder blades.

The **child's pose** is a great rest pose. Any time you're doing a lot of extensions, you should do a forward flexion pose to release the back muscles.



The Unique Yoga Method That Accelerates Fat Loss & Body Sculpting

The starter program I've designed for you is performed using a "flow".

Let's take a second to define that term.

Instead of just moving into and holding each pose individually, you'll actually be flowing smoothly from one pose to the next, as if you were doing a dance. Once you've flowed through all 8 poses, you'll begin the sequence again.

I suggest you work up to 5-10 rounds of the entire flow, 3-5 times per week, before moving on to the full [Shapeshifter Yoga](#) program.

When you perform yoga in a FLOW — or a string of poses linked together in a continuous workout — you put your body into a perfect fat burning zone. I've actually measured this in a lab.

During an informal study I performed for my Master's degree in Exercise Science at Cleveland State University, I used special equipment to measure fat burning during a vigorous yoga flow.

I burned around 7 calories per minute. And about 6.3 of those were from FAT. So the [percentage of fat calories burned was 90%](#).

That's pretty much identical to the most popular weight loss exercise on the planet — jogging — but with one BIG difference.

Long, slow and repetitive workouts like jogging or cycling can actually increase a hormone called cortisol. Elevated cortisol forces your body to [STORE more fat](#) — especially around the belly — [and LOSE muscle!](#)



That's NOT what you want if you're interested in sculpting a beautiful, toned and shapely body.

With yoga, you **avoid the problem of increased cortisol** while simultaneously getting the powerful fat blasting effects of mainstream cardio exercise.

In fact, in 2009, Indian researchers conclusively demonstrated that cancer patients who followed a yoga program had **lower levels of cortisol** than those who did not.

Plus, treadmills and stationary bikes are incredibly boring. But doing a yoga flow gets you into a groove that feels almost like dancing.

What a crazy idea! Getting toned and dropping belly fat can actually be FUN!



Let's Get Started — Lose Fat, Get Toned & Feel Great In Just Minutes Per Day

In the next section you'll find detailed instructions for each of the 8 poses that I've selected for you.

Flow smoothly through each of the 8 poses and then start the sequence again.

I suggest you perform anywhere from 5-10 rounds of the flow each time you work out. Do the routine 3-5 times per week, or as often as once a day.



Part Two

Yoga Poses



Palm Tree Pose

Begin standing upright with feet together and hands clasped in front of body. Fix your gaze upon something at eye level and approximately 10-15 feet in front of you.

On an inhalation, lift the arms, stretching them alongside the ears with palms facing up.

Continue the movement by lifting the heels off the ground and coming onto the toes. Pause here, balancing for a moment while continuing to stretch the arms upward.

On an exhalation, slowly release the position by lowering the arms and heels.



Swaying Palm Tree

Begin standing upright with feet **about hip width apart, toes turned slightly outward**, and hands clasped together in front of the body.

Fix your gaze on something at eye level and approximately 10-15 feet in front of you.

On an inhalation, lift the arms, stretching them alongside the ears with palms facing up. Continue the movement by lifting the heels off the ground and coming onto the toes.

While holding the breath and keeping arms alongside ears, and shoulders over hips, lean slightly to the right, then to the left, then back to center.

Exhale and slowly release the position by lowering the arms and heels.



Cat/Cow Pose

Begin by kneeling on the floor. Lean forward and place the hands flat on the floor beneath the shoulders, with fingers facing forward.

The hands should be in line with the knees, the arms and thighs should be perpendicular with the floor. The knees may be together or slightly separated. This is the starting position. (Table)

Inhale while raising the head and depressing the spine so the back becomes concave. Expand the abdomen fully and fill the lungs with the maximum amount of air possible.

Exhale while lowering the head and stretching the spine upward. At the end of the exhalation, contract the abdomen and pull in the buttocks. The head will now be between the arms, facing the thighs.



Bow Pose

Begin lying face down on the mat. Bend the knees bringing the feet close to the buttocks.

Take the arms behind the body and clasp the hands on the ankles. This is the starting position.

On an inhalation, arch the back and simultaneously lift the shoulders and thighs off the ground. This is the final position.

While in the final position, the abdomen should be the only part in contact with the floor. There should be tension in the legs, but the rest of the body should be relaxed.

On an exhalation, slowly lower the shoulders and thighs to the ground.



Half Moon

Begin on the knees. Inhale and step the right foot forward and bend into the right knee. The knee should be aligned over the right foot.

Lift the arms along side the ears and locking the fingers together with the index fingers pointing upward.

Keeping the head in between the elbows and arch the back.
This is the final position.

Exhale bring the arms to the sides and shift the weight back so that the right knee comes back under the body next to the left. Continue to alternate right and lefts sides.



Downward Facing Dog

Starting from the Table position, placing your hands directly underneath the shoulders, knees under the hips, roll the toes under.

On an inhalation, lift the buttocks upward rising onto the toes.
On the exhalation, press the hips back and the heels downward, allowing the head to lower between the arms.

In the final position, the back and the legs form two sides of a triangle and heels will be against the ground. Hold this position for 3-5 breaths.

Release this pose on an inhalation rising back up onto the toes, exhale and return to the starting position.



Eight Point Pose

Begin in Downward Facing Dog.

At the end of an exhalation, come up onto your toes, and hold with the breath out.

Gently drop the knees straight down, followed by the chest, then aim to place the chin just in front of the hands.

On an inhalation straighten the arms and exhale pushing the hips back and up returning to Downward Facing Dog.



Child's Pose

Starting from the Table position. Press the hips back so **that the buttocks rest** on the back of the calves and heels.

At the end of the movement, the hands and forehead should rest on the floor in front of the knees. Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor.

Relax in the position for as long as necessary. Breathe naturally.



Transition Between Poses

Use these coaching cues to help you transition smoothly between each pose. As you get smoother at the transition, you begin to develop movement flow.

Palm Tree-to Swaying Palm Tree

Lower arms in front of the body. Continue by inhaling the arms up again and exhale bending to the right side. The head should remain inside the arms and both the arms and shoulders over the hips. With the arms extended upwards, continue by inhaling to the center and exhaling to the left.

Swaying Palm Tree-Cat Cow

From standing, bend the knees coming down into table position for Cat/Cow Pose.

Cat/Cow-Bow Pose

From table position, extend the legs behind the body lowering into a supine position.

Bow Pose-Half Moon

On completion of Bow Pose, press back into Child's pose and come onto the knees. This is the starting position for Half Moon.



Half Moon-Downward Facing Dog

Bring the arms to the floor coming back into Table pose. This is the starting position for Downward Facing Dog

Downward Facing Dog-Eight Point

From Downward Facing dog gently come down onto the knees, chest, and chin.

Eight Point-Child's Pose

On completion of Eight Point, move into Downward Facing Dog and lower in to Table Pose. On an inhalation, press the hips back and down lowering into Child's Pose.



Unique Science-Based Yoga Actually Turns Back The Clock On Aches Pains, Stress & Stiffness While It Dramatically Increases Fat Loss & Body Shaping...

I know you're going to enjoy this Yoga Starter Flow. It's a powerful exercise routine, and it'll give you great results.

But this is just the tip of the iceberg...

When you're comfortable with this flow, you'll be ready to explore the full benefits of my unique approach to fitness through yoga.

After a great deal of encouragement from my mentors, clients and friends, I finally decided to release my entire system to the public. I kept this system to myself for years, and I only shared it with a small handful of personal clients. But persistent encouragement from my fans and clients finally convinced me to create a resource that everyone could benefit from.

The result is a complete solution to using yoga for fitness, fat loss and overall wellness. I call it [Shapeshifter Yoga](#).

You'll be amazed at how easy the program is to follow. I created individual instructional videos for every single pose in the program. And I also filmed follow-along videos, where I take you through both the extended and the short version of the flows. We put it all into an innovative online delivery program that's easy to use and instantly accessible.

I hope you'll take the next step and join me there.

But for now, please enjoy your Yoga Starter Flow. Master it. Feel the benefits. And when you're ready, you can progress to the full [Shapeshifter Yoga](#) system.

Namaste,

Kris



About Kris

My yogic journey began 12 years ago. Since then I've attended more courses and retreats than I can possibly count. Each has enriched my understanding of yoga and given me tools to live a healthier and more peaceful life.

While conducting a research study on the benefits of yoga for my Master's Degree in Exercise Physiology, I witnessed first hand how even a simple 10-minute twice a day practice of yoga could have a profound effect, both physically and mentally, on total beginners.

Inspired by the results of my study, and after much encouragement from students and fans, I finally created the Shapeshifter Yoga program so i could share these benefits with as many people as possible. I continue to present seminars and workshops around the world in Slovenia, Germany, Holland, China, Singapore, Canada and all over the United States. I've been featured in such major publications as Shape, Fitness, Girls Life, and Cosmopolitan.



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