

Practicing yoga helps with chronic pain, stress & even addiction technology

Interview with health coach & lifestyle expert, Carolina Herrera

10 weeks of personal yoga to improve quality of life

New book, **Wellness Core Secrets For caretakers and busy yogi professionals***,* written by health coach & lifestyle expert, Carolina Herrera, shows key facts why Americans should practice personal yoga to improve their breathing and moving.

According to the National Health Interview Survey, yoga is the 6th most commonly used complimentary health practice among adults. Many people practice yoga to maintain their health and wellbeing, improve physical fitness, relieve stress and enhance quality of life. In addition they may be addressing specific health conditions such as back pain, neck pain, arthritis and anxiety.

What does Science Say about Yoga?

* Carefully adapted set of yoga poses may reduce low back pain and improve function.
* Having a regular yoga practice reduces stress, therefore the quality of life improves.
* Yoga has shown effects to help with anxiety depression and insomnia
* A regular yoga practice has proven results to better your physical fitness, strength and flexibility

Yoga in its full form combines physical postures with breathing exercises, meditation and a philosophy.

**Carolina Herrera is a health coach and lifestyle expert**. She’s also personal yoga teacher. Carolina has developed a fun 10 week- course to empower people to incorporate a **safe 10-minute yoga practice into their day**. This practice creates the opportunity to incorporate your critical thinking skills on how to plan out a zenful retreat everyday- in as little as ten minutes a day.

The new book on personal yoga shows how someone can take great strides in 10 weeks to build a fun personal yoga space to add value to your health and fitness.

 Carolina shares her insights on these issues:

* Is it ever too late to start a regular yoga practice?
* What if you’re afraid of hurting yourself, and how to avoid injuries?
* What does science say about yoga?
* How to uncover the secrets to make your personal yoga last a lifetime
* How to overcome procrastination and get focused with personal yoga so you can get the most out of your day and experience your zenful retreat yoga fun.

**Wellness Core Secrets For caretakers and busy yogi professionals** will help guide you on your journey to a calmer, healthier mind, with:

* Concise introduction to your practice and its many physiological benefits
* Step-by-step introduction to your personal yoga formula.
* 10 Personal Yoga secrets to advance and deepen your practice
* Specific journal prompts to keep you engaged
* Helpful tips to help you engage creativity and keep motivated.

A regular yoga practice keeps you one step ahead. “This regular personal space isn’t just for regular practitioners” says Carolina- certified yoga teacher and health professional. “While having a regular yoga practice at a studio or place of practice it is also important to practice your breath and your movements during your own time, and anyone can do that”.

The worksheets and tools included in **Wellness Core Secrets For caretakers and busy yogi professional** will make it easy to get started. You will learn your sequence and how to create a fun powerful space to empower your lifetime practice and better your lifestyle and impact your health is positive ways.

Carolina taps into her vast experience as a health and lifestyle professional and explains why you should get started with a regular personal yoga practice that will last a lifetime.

**Wellness Core Secrets For caretakers and busy yogi professional** is designed to offer in – easy and fun- videos and overview of a process to evaluate personal yoga and personal growth. **Wellness Core Secrets For caretakers and busy yogi professional** provides the necessary guidelines for everyone from beginners to advanced.

For those who are interested in starting a safe personal yoga practice that will last a lifetime and a practice that will have a positive lifestyle impact and improve your health and fitness.

This book and course bought together will serve you as an excellent first step.

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Carolina Herrera Flórez

**Wellness Core Secrets For caretakers and busy yogi professionals**

Biography

Carolina is a health coach expert, lifestyle consultant and yoga teacher. She has worked with over 10000 clients in the past 15 years on improving lifestyle to improve their health.

She coined the phrase “Make your personal yoga fun” to emphasize how we yogis all need to establish a regular yoga practice. Her new book Learn Commit Grow with Personal Yoga. (Amazon- best seller September 8th, 2018) is an easy to follow comprehensive guide to help anyone looking to incorporate a safe practice.

In addition to her yoga practice. Herrera works as a health professional serving those who are looking to plan and implement a healthy lifestyle.

 Carolina has conducted many workshops to educate people about personal yoga practice, the art of slowing down for a personal practice that will last a lifetime.

She holds many designations:

* Registered Nurse
* Master of Health Care Administration
* Registered Yoga teacher
* Public Health Nurse

She also loves nature, enjoys her personal yoga time at home/ her garage was turned into her studio, and she is known for having a few secret yoga Zen retreats around her house making it accessible to her busy lifestyle.

She currently resides in Dallas, Tx. For more information please go to magentastars.com and send us an e-mail.

 

Carolina Herrera Flórez

**Wellness Core Secrets For caretakers and busy yogi professionals**

Carolina, your new book **Wellness Core Secrets For caretakers and busy yogi professionals**

Yoga implores people to continue, staying committed to a personal yoga practice that is simple and fun every day- but given the busy schedules of many people how does someone prepare to be successful with a personal yoga practice?

* Use calendar appointments
* Important you label something fun- like zen/retreat/breath
* Start by practicing getting to your appt and breathing mindfully the first times you are implementing
* Acknowledge with compassion if you did not make it to your appointment
* Have a journal- here you will write important personal moments that you live/experience as you move through your yoga.
* Have a general idea of creating a space for your practice and journal about it.
* Ponder on smells, props, space and anything that will add zen to your day.
* Start with a real simple routine
* Work with your yoga teachers to get started
* Never use yoga as medical treatment. Instead be open and ready to discuss with your health care practitioners what types of activities you are currently following.
* Let family, friends, and community know what you are doing to continue to obtain support.
1. How much time will one need to practice?
* The use of personal devices can assist with timing and ongoing monitoring of personal heart rate and yoga time spent while at your personal yoga space.
* Discuss the breathing technique of your choosing with your yoga teacher
* Plan to have at least 2 techniques that can become your go to exercises
* Be realistic about practicing your personal yoga and therefore set realistic expectation for yourself.
1. If people are worried about following a personal yoga practice, what is your best advice?
* I would encourage continuing to explore what is yoga- as this is a very old spiritual tradition, and translate what works in ways that are in accordance with your lifestyle and are agreeing to your health and fitness.
* I encourage you to ponder on asking why you practice yoga on an ongoing basis to assist in remaining committed to a practice that will add value to your day.
* Always seek guidance or support from health care providers or yoga teachers of your choice.
1. What can one do to take control of the personal yoga space?
* Ensure you have a place
* Think of a place you visit often
* Start by putting a prop ready for practice
* Look for inspiration online
* Get creative
* Have fun
1. What are some key forms for your regular yoga personal fun
* Breathing exercise
* Intention
* Gaze/focus
* Center
1. When should you start a regular yoga practice?

Anytime- it is best to start with a time that you know you have to kill- so 10 minutes to wake up- or 10 minutes before bed time is usually the best time to start

1. You Write yoga is beneficial to health- Why is yoga beneficial to health?
* Carefully adapted set of yoga poses may reduce low back pain and improve function.
* Having a regular yoga practice reduces stress, therefore the quality of life improves.
* Yoga has shown effects to help with anxiety depression and insomnia
* A regular yoga practice has proven results to better your physical fitness, strength and flexibility
* Yoga has not proven to be effective at improving asthma
* Yoga and arthritis have mixed results
* Always ask a trusted source: a healthcare provider/practitioner if any yoga is already integrated intro their practice or if they recommend someone for you.
* Discuss with your treating physicians of health team any complimentary health approaches that you are currently using
* Discuss additional details such as: Hot Yoga, Bikram, Power Flow, Vinyasa, Hatha yoga or other forms of yoga that are available to you.
1. Why do many people fail to set up of focus on the breath?

When focusing on the brain is hard, this means you are actively exercising the brain at engaging to focus/pay attention to breathing. The brain is an organ and its function is to think, so the art of practicing moving breathing involves on focusing the breath to achieve a certain movement. This ongoing practice will provide exercises for the brain.

Learn to tell the brain about the breath:

* Breath in Oxygen
* Breath out Carbon dioxide
* Happens automatically
* Everyday the body breathes about 20000 times
* 70 yrs old- 6 million breaths
* Respiratory System:
* Nose
* Throat
* Voice box
* Windpipe
* Lungs
* Air comes through the nostrils- where its filtered, warmed and moistened
* We carry little particles called cilia- these filter the breath
* We can also breath through mouth
* The air moves through the pharynx, larynx into the trachea to the lungs. The gas is exchanged at the lungs and into the heart goes oxygenated blood and out the nose goes carbon dioxide.