



Balanced Diet Plan for Yoga Practitioners

This diet plan is designed to complement your yoga practice, promoting energy, flexibility, and overall well-being.

****Morning (6:30 AM - 8:00 AM):****

- Warm water with lemon or herbal tea.
- A small bowl of fresh fruits like papaya, apple, or banana.
- 5-6 soaked almonds.

****Breakfast (8:30 AM - 9:30 AM):****

- A bowl of oatmeal or poha with vegetables.
- A glass of fresh juice or coconut water.

****Mid-Morning Snack (11:00 AM):****

- A handful of roasted nuts or seeds.

****Lunch (1:00 PM - 2:00 PM):****

- A plate of mixed vegetable salad (carrot, cucumber, tomatoes).
- 1-2 chapatis with lentils or a vegetable curry.
- A small bowl of curd.

****Evening Snack (4:30 PM):****

- Green tea with 1-2 multigrain biscuits.



Ananda Yoga Studio - Free Diet Plan

****Dinner (7:00 PM - 8:00 PM):****

- A bowl of vegetable soup or dal with steamed rice or quinoa.
- Lightly sautéed vegetables.

****Bedtime (9:30 PM):****

- Warm milk with a pinch of turmeric or a herbal tea.

****Hydration:**** Drink at least 8-10 glasses of water daily to stay hydrated.

****Note:**** Adjust portion sizes based on your activity level and consult a nutritionist if needed.

Recommended Yoga Poses

Tadasana (Mountain Pose) - Improves posture and balance.

Vrikshasana (Tree Pose) - Enhances concentration and stability.

Adho Mukha Svanasana (Downward Dog) - Strengthens arms, legs, and back.

Bhujangasana (Cobra Pose) - Stretches the chest and spine.

Shavasana (Corpse Pose) - Promotes relaxation and reduces stress.