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Zoe Bray Cotton’s Yoga Burn

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Zoe Bray Cotton’s Yoga Burn Review

**Product Name:** Yoga Burn

**Creator Name:** Zoe Bray Cotton

**Bonus:** Yes

**Official Website:** Click Here

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**Yoga Burn** is a instructional yoga program that teaches you the specific yoga poses that increases your body’s metabolism to burn fat, and, at the same time, tone your whole body. The follow along yoga videos in the program can be streamed online via its private member page or be downloaded into your computer or smartphone. The program is split into 3 phases: Foundational Flow, Transitional Flow, and Mastery Flow. In each phase, there are 4 videos: instruction video, and 3 workout videos. And with the latest update (2017), you can now download the program’s instructional videos to your phone and follow along with it at the comfort of your home or anywhere you like.
These days, people are focused on the benefits of yoga and its holistic approach to health. However, with busy lives and stressful jobs, it can be difficult to focus on the right things in achieving yoga poses and get caught up in a race for zen. Without the right guidance and secrets to achieving the best from yoga, it can end up being painful and causing negative impact. With the Yoga Burn system, you don’t have to worry about any of that!

**The Yoga Burn system** makes it easy to start a yoga practice and get in the habit of doing it every day – even if you have no experience with yoga. You will be able to start from whatever point you are comfortable with, learning the basic moves and then expanding on that knowledge. It is the keeper of the secrets to maximising your yoga sessions and getting the flexibility and strength you have desired, whilst improving concentration and breathing.

The guide is easy to follow and relaxing, making it a habit that will rejuvenate you every day. When you start practicing yoga on a regular basis, you will start to enjoy the numerous physical benefits that it can offer. Not only will it help you to tone and build muscle, it will also reduce stress, improve your sleep, increase your circulation, boost your
concentration and mood and much more. To learn more about this program, let’s take a look at what it has to offer.

ABOUT YOGA BURN

Specifically designed for women, this program is a concise and informative collation of the all relevant information to help you achieve the best you can from your workout regime. Created by Zoe Bray-Cotton, a certified yoga instructor and personal trainer, this program can help women from any walk of life to completely change their bodies. Focusing primarily on helping people to get the most out of yoga, Zoe’s dynamic sequencing strategy is what sets her Yoga Burn apart from other programs on the market.

_Yoga Burn_ is accessed entirely online and comprises a 12 week follow-along video series. Access the sequential videos via smartphone, tablet or PC and implement the valuable information anywhere with connectivity. Comprised of 3 unique phases, each phase lasts around 4 weeks and breaks yoga down into manageable chunks.

KEY POINTS OF YOGA BURN

Broken down into 3 main phases, you are following the advice of a qualified and experienced trainer, whose main objective is to enlighten women as to the benefits of yoga.

One of the main benefits of the Yoga Burn system is that it allows you to start from the beginning and then builds on your knowledge. So, even if you have no experience with yoga you can still get started. You will start with the Foundation Phase, which is suitable even if you have never done yoga in your life. Once you have mastered this phase, you will be able to move on to the Transitional Flow Phase, which will build upon what you have learned.

Finally, when you have mastered the second stage you can move on to the third, which is where you will really achieve mastery of the yoga technique. The system builds on each aspect gradually, so you are learning at a pace that suits you. Let’s take a closer look into the different phases and how they work.
Table of Contents: The Yoga Burn System’s 3 Phases

PHASE 1: FOUNDATION PHASE

In the initial phase of the program, Zoe shows you how to build a foundation of strength and flexibility, whilst learning about which areas
will help kickstart a raised metabolism. Once you have activated the metabolism, it’s time to move on to the next phase, which helps to implement the results.

**PHASE 2: TRANSITIONAL FLOW PHASE**

Designed to build upon your foundation stage, this phase implements poses to help reshape your body and sculpt and tone it. During this phase, you will also learn about implementing yoga for peace of mind, as well as health.

**PHASE 3: MASTERY FLOW PHASE**

Phase 3 enables you to activate everything you have learned in the previous stages and really master the art of good yogic practices. Designed to build on strength and stamina, you will be given the tools to really master your own poses and sequences as you optimise what works for your body. The key principle behind this program is the dynamic sequencing. This ultimately means that you have good structure to your poses and that they have been designed with sequencing in mind, to improve your strength and metabolism as you go, as well as making you more aware of your breaths and mindfulness. Not designed to be easy, the Yoga Burn program challenges your body to help you get toned and stronger, but the structure should help to focus you and take the stress out of your workout. Essentially, you are reducing cortisol levels, which can lead to further stress and weight gain, so effectively doing proper yoga can help to achieve longer lasting results.

**WHAT YOU GET WHEN YOU PURCHASE YOGA BURN**

**Yoga Burn** comprises a set of easy to follow videos, which educate you to build upon the last poses and focus you on getting the results you want from a yoga program. As such there are exercises and sequences that you cannot access anywhere else available in this program. You will get a healthier, fitter and more flexible body as a result of following the program, and in addition you will gain access to the videos and information to provide you with a stress free guide to sculpting the perfect body you have always wanted, using yoga.
As well as the core videos to perfect your yoga poses, you will gain access to an MP3 version of the information. This means you can simply download to your favourite listening device and access the guide anywhere: on the beach, whilst you commute or even as you’re on your coffee break. Designed to help you master the moves wherever you are, this is a valuable addition to the rest of the program.

The other bonus is the Tranquility flow videos, which essentially unlock the fourth stage and contain sequences to help you get into a tranquil state. This is essential for lifelong commitment and helps to assuage stress which can invade your life from many other areas of life.
ADVANTAGES OF YOGA BURN

There are several advantages to using this program. You will learn how
to do yoga in a way that reduces cortisol and thus busts stress. Due to be
carefully designed, the plan helps to reduce the stagnant and bored
feeling of participating in a class, so you remain motivated. The program
is inclusive and accessible, as it is aimed at all people: from beginner to
master.

The program is designed to help you tone up and get a sexier butt, thighs
and flatter stomach, whilst also resculpting your overall physique. You
will see an improvement in flexibility and concentration, which embeds
an overall more positive attitude to your body and mind.

The program will also offer you a number of other benefits, such as:

- Yoga will help you to calm your mind and reduce feelings of stress and
  anxiety.
- It will improve your circulation, which will make your skin look younger
  and healthier and rejuvenate your body.
- It will help you to sleep better, so that you can enjoy a more restorative
  rest.
- By reducing stress you will also improve any digestive issues that are
  linked to cortisol and stress hormones.
- Yoga will help to improve your balance, which will help you when doing
  exercises, sports or simply moving around throughout your day.
- Many people have reported that practicing yoga gives them greater
  mental focus and helps them to perform better at work and in creative
  tasks.
- Taking time out to do yoga on a regular basis will give you a feeling of
  self worth, as it shows that you are caring for yourself. It will give you a
  boost of self esteem that will affect your life in positive ways.
- You can also download the follow along videos to your phone and do
  them anywhere, whether is it near the seaside, park, or at the comfort of
  your phone!
Gaining instant access to the videos means that as soon as you make up your mind to do this, you can get started and see results as quickly as within a few days. Finally, the program is subject to the special 60 day moneyback guarantee from Clickbank, which means you have some time to evaluate the effectiveness and see how the program works for you. If you are not entirely satisfied with its results, you can request your money back with no questions asked.

CONCLUSION

The Yoga Burn program is a fully comprehensive guide to achieving the most from yoga, and as such is the beginning of your journey to a new, healthier and fitter you. In addition you will learn to master this age old practise and benefit from the mindfulness and breathing exercises which are integrated in a holistic yoga regime.

With all of the expert guidance at the very tip of your fingers, just click the “Add to Cart” button below and purchase the Yoga Burn system to get on the road to a healthier, happier you.
LIMITED TIME OFFER!

Only $37

ADD TO CART!

60 days moneyback guarantee

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