



YOGA WITH
DANIELLE DIAMOND

60 MINUTES TO A TIGHTER, STRONGER, SLIMMER YOU!

BURN CALORIES / BUILD MUSCLE / TRANSFORM YOUR VIEW OF YOGA

“Danielle is one of a kind. She lights up a room and has great energy. Her classes are terrific and her new technique incorporating weights with yoga is genius.”

–Bobbi Brown, Founder and CEO, Bobbi Brown Cosmetics.



At last, you can get the intense calorie burn you want, without sacrificing the elements of yoga you love. Xen Strength® strategically incorporates light weights into a playful Vinyasa flow, for a program designed to sculpt, lengthen, and challenge, every muscle group.

In this DVD, Xen Strength® founder, Danielle Diamond, guides you through each pose with precise alignment cues and detailed demonstration. She inspires you to work toward your edge and challenge yourself, while still honoring your current skill level.

Xen Strength integrates the five essential training elements recommended by fitness professionals: flexibility, strength, balance, core and aerobic fitness.

Proven Results You Can Expect From This Powerhouse Combination:

- Increased endurance and energy
- Increased muscle mass and bone density
- Increased flexibility and mental focus

This DVD includes 3 segments that can stand-alone or be combined for an all-over body transforming routine:

- 1.** A rigorous warm up prepares you for a blasting upper-body and core strength training session.
- 2.** Intense core moves deliver balance training, functional fitness, and a slimming, detox, twist routine.
- 3.** The bottom line routine melts inches off your glutes, lifts your butt and lengthens and tones your legs, ending with a restorative cool down.

Includes modifications for beginners.

Directed by, Alex Coletti / Photography by, Monika Broz / Music by Mambo Music, Paul Weinberg / FitnessConsultant, John Nostro / Editor, Juan Pichardo / Design, Carlucci Design.

For more information and yoga videos go to : WWW.XENSTRENGTHYOGA.COM

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Danielle Diamond, ERYT-500hr+

For almost ten years I've been teaching a kick-butt yoga class that focuses on alignment and breath to open your body through a creative sequence, designed to make you smile as much as you'll sweat.

Before I became a certified teacher, I stumbled upon yoga while producing a fitness video for MTV. As a hard-core runner I never thought about flexibility, but the first time I stepped on the mat changed all that. Yoga allowed me to stop and breathe—probably for the first time in my whole life. The physical element of the practice made my body feel great, but more important was the effect learning to meditate had on my mental health. Since that first day, I believe that my daily “cushion sitting” is the sole reason I've been able to find peace inside myself—its allowed me to face my biggest challenges head on: my mother's suicide, my father's bankruptcy, and my own body issues.

More and more, I noticed that my students would lift weights after doing yoga. This inspired me to develop Xen Strength and create a modern twist on yoga that truly meets my client's needs. My program combines a vinyasa flow with light hand weights, and will be featured in the book I am currently writing about yoga with Dr. Barry Sears of The Zone Diet fame. (Flip to the back of the booklet to get a glimpse of The Zone lifestyle.)

As a result of my practice, I'm in the best shape of my life—physically, mentally and ultimately spiritually. The eight limbs of yoga have taught me not only the value of compassion and contentment, truth and service, but at the end of the day being okay with each moment and what it holds.

I hope you enjoy this new twist on yoga as much as my students do. Those that come consistently have noticed incredible changes in their bodies, as have I. In the first few months of trading regular yoga classes just 2x a week for Xen Strength, I had lost 5 pounds, and many inches. If you are committed and consistent, you will see the same results!

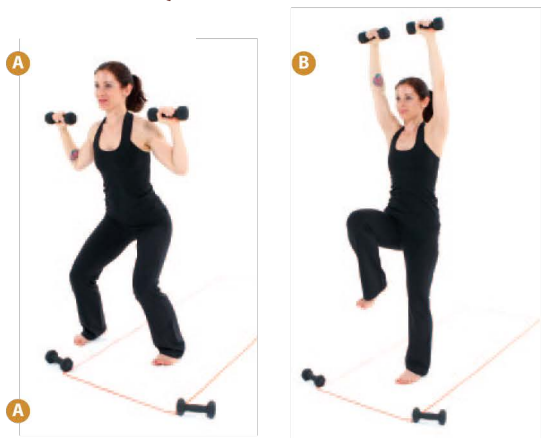


The following poses are each included in the DVD workout. There is an extension and flexion movement demonstrated for almost every pose. Take a look at each one to note the correct alignment of the weights, and then listen to the precise instruction as you follow along with the DVD. This sequence is intended for all levels, however it is up to you to trust your body and know when to modify, slow down, or rest in child's pose.

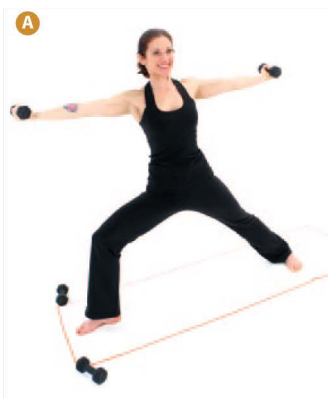


SEGMENT ONE

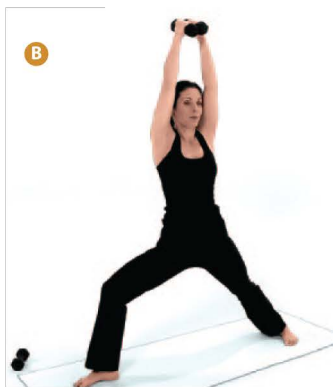
UTKATASANA SQUAT WITH OVER HEAD PRESS



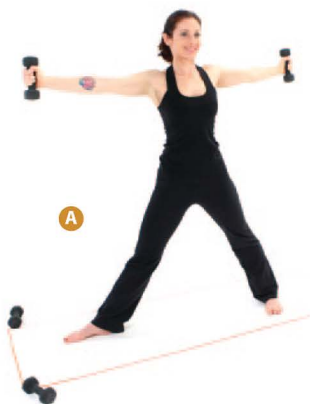
WARRIOR 2 WITH OVERHEAD RAISE



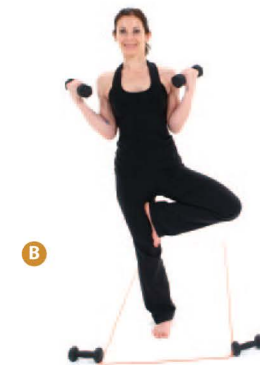
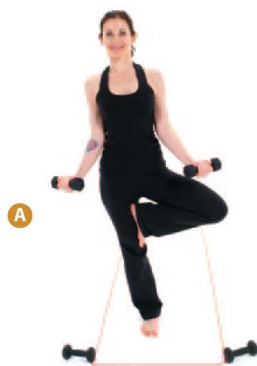
WARRIOR 1 PULL BACK/ FORWARD ROW



FLOATING TRIANGLE



TREE WITH BICEP CURL



HERO WITH FORWARD ROW



SKY TO FLOOR SIDE ANGLE



SIDE PLANK SWING



DONKEY KICKS



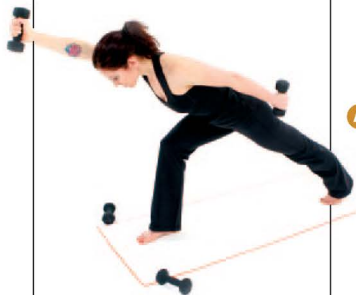
TWISTING LUNGE



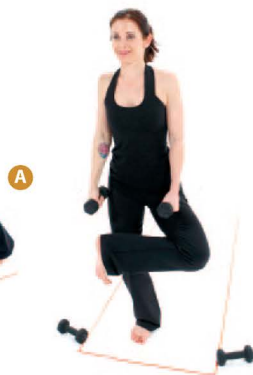
KNEE TO CHEST



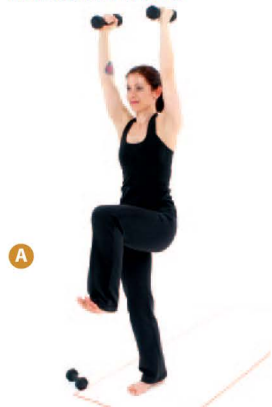
SWIMMING LUNGE



HAMMER PIGEON



HEISMAN TWISTS



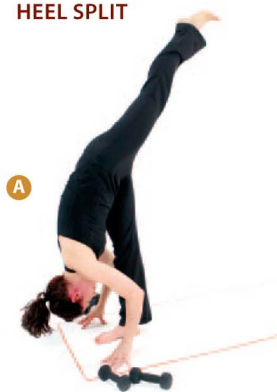
PYRAMID FLY



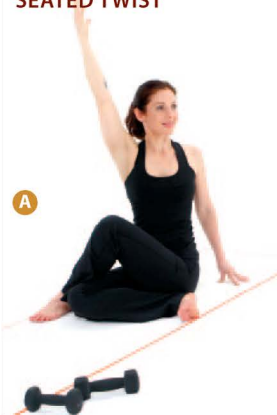
SEATED PIGEON



STANDING HEEL TO
HEEL SPLIT



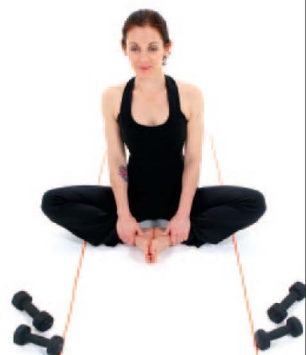
SEATED TWIST



PLANK JUMPS



BOUND ANGLE



STANDING FROM BOUND ANGLE



CHAIR KICKBACKS



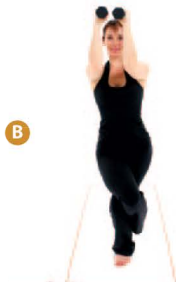
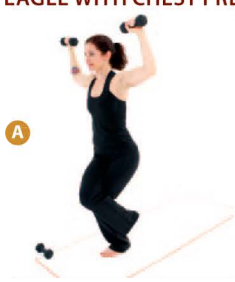
WARRIOR 3-PRESS UP



PUNCHING GODDESS



EAGLE WITH CHEST PRESS



SIDE STRETCH



SIDE LUNGE UPWARD ROW



LIZARD STRETCH



HEAD TO KNEE STRETCH



UP / DOWN PLANK



GARLAND POSE



BOAT TWIST



BOAT / CHAIR



SUPINE BOUND ANGLE



BRIDGE FLY



SUPINE TWIST



SAVASANA



Dr. Sears ZONE[®]

In all honesty, the first time I tried out The Zone 13 years ago, it was because Jennifer Anniston was talking about how she loved the program, and swore that The Zone was what kept her in her favorite jeans. I figured who wouldn't want to look like Jennifer Anniston? (Maybe Angelina Jolie . . .) After years and years of clichéd "yo-yo dieting," I have truly found The Zone program to be the best—specifically because it doesn't feel like a diet. I believe that's

the reason it's the first thing that has worked for me on a long term basis – it's really a way of life. I used to feel guilty all the time about what I was eating- thinking that if I ate one "bad" thing that I screwed everything up; so I would then continue eating crap all day. I didn't like waking up tired and cranky with joints that hurt from eating too much sugar, or a bloated stomach from excessive bread and pasta- I don't feel like that anymore.

Now I know that if I want to make a conscious decision to treat myself to something I normally wouldn't eat, then at the next meal I make sure to get myself back in the zone. My rule of thumb is 85% of the time I am eating healthy and "in the zone," and the other 15% I am eating whatever I want- usually pizza and ice-cream. Your 15% might be martinis or potato chips- whatever makes you happy.

I am honored to be co-writing a book with Dr. Sears combining yoga with The Zone lifestyle, and I encourage you to check his website: www.zonediet.com for more information about how to get yourself in The Zone.

What is the Zone Diet?

It's been more than 16 years since The Zone was published and yet after publishing another 11 books that have sold more than 5 million copies, it still remains a mystery to most.

If there was one phrase that would describe The Zone diet, it might be "a dietary program to help you retake control of your life". That phrase is a little more complex than "lose weight now, ask me how". The concept of The Zone diet involves the control of cellular inflammation. Although you can't feel cellular inflammation (but you can measure it), it is the driving force why we gain weight, develop chronic disease, and age at a faster rate. If followed correctly, The Zone diet allows you to retake control of virtually every aspect of your life (weight, health, emotions, performance, etc) by silencing ancient inflammatory genes that we all carry. The better your success, the better the quality of your life.

You don't have to a rocket scientist to follow the Zone diet. All you need is one hand and one eye. Simply balance your plate at every meal with about 1/3 of plate containing low-fat protein and the other 2/3 filled

with colorful carbohydrates like vegetables and fruit. Finally you add a dash of fat that is low in both saturated fat and omega-6 fatty acids. Just to be on safe side, always add extra anti-inflammatory omega-3 fatty acids as a daily supplement.

Controlling cellular inflammation is a lifetime effort and that's why the Zone diet is a life-long anti-inflammatory dietary program. It is the foundation that you have to build the rest of life around assuming you want to be thinner, smarter, happier, and to live longer. If not, then eat anything you want and hope for the best.

Zonediet.com offers an in-depth look at Dr. Sears' plan, including a quick-start guide with all the information you'll need about the 40/30/30 ratio of measuring carbohydrates, fats, and protein. There are recipes, restaurant guides, a q+a section, and their newsletter archive, which has even more recommendations on how to successfully live in The Zone.

Dr. Sears has also launched a new food product line created with a patented baking technology that has removed excess carbohydrates from the "forbidden" foods that make you fat and keep you fat and replaced it with Zone Protein, plus the optimal amounts of carbohydrate and fat to:

Zone Diet chart

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Baked Oatmeal.	Waffles.	Breakfast Burrito.	Breakfast Sundae.	Zone Muffins.	Perfect Pancakes.	Smoothie.
Lunch	Bbq Chicken Salad.	Turkey Burger.	Greek Salad.	Chicken Taco Salad.	Grilled Fish.	Lettuce Wraps.	Quesadillas.
1 Block Snack	1 oz Turkey. 1 Pear. 3 Almonds.	1/2 c Yogurt. 3 Almonds.	1 oz Lowfat Cheese. 1 Apple. 3 Almonds.	2 Boiled Eggs (W/O Yolks). 1/4 c Hummus.	1/2 c Blueberries. 1 oz Lowfat Cheese. 1 Macademia Nut.	1/2 c Applesauce. 1Tsp Slivered Almonds. 1 oz Lowfat Cheese.	1 oz Tuna. 1 Kiwi. 3 Olives.
Dinner	Aparagus Quiche.	Baked Italian Chicken.	Eggplant Parmesan.	Baked Scallops.	Chicken And Bean Tostada.	Grilled Tofu. Pad Thai.	Chicken & Sun Dried Tomatoes.
1 Block Snack	4 oz Red Wine. 1 oz lowfat cheese.	1 oz Turkey. 1/2 Tortilla. 1 Tbl Guacamole.	1/4 c Cottage Cheese. 3 Apricots. 6 Peanuts.	2 -1/2 oz Of Lite Ricotta. 8 Cherries. 2 Pecans.	1 oz Lite Mozzarella. 1c Strawberries. 1 Macademia Nut.	1/2 c Yogurt. 3 Almonds.	2 Boiled Eggs (W/O Yolks). 1/4 c Hummus.