

Shapeshifter Yoga: Review Examining Kris Fondran's Yoga Program Released

HOUSTON, TX, USA, August 21, 2013 /EINPresswire.com/ -- Shapeshifter Yoga reviews have been flooding the Internet and ShapeShifterYoga.org reveals the truth about this program that claims to reshape the body with just an hour's work per week.

Shapeshifter Yoga, a yoga program that claims to work for the well being of the whole body and transforms it from flab to fab fast has caught the attention of <http://ShapeShifterYoga.org>'s Stan Stevenson, prompting an investigative review.



Shapeshifter Yoga Review

"Shapeshifter Yoga as you can imagine, is all about is yoga; it's not about workouts, crunches, pushing weights, or crazy amounts of cardiovascular work. By calming your mind it also allows you to truly relax by lowering tension, anger, and fatigue," reports Stevenson. "Yoga is also a wonderful cure for insomnia. It helps you to sleep like a baby at night by dramatically improving the amount and quality of your sleep."

ShapeShifter Yoga comes with a Quick Start Manual, a Yoga Pose Video Library, a Yoga Program Video, an Everyday Flow Follow Along Video, a Yoga Pose Manual and 'at a glance' wall charts. It includes the following proven strategies such as the Half Locust to sculpt, tone, and shape muscles in the arms, thighs, but and tummy – the common areas where fat deposits and stubbornly refuses to leave. It lowers cortisol to stop stress eating and weight gain. The poses and exercises in [ShapeShifter Yoga](http://ShapeShifterYoga.org) allows one to understand how the body works and become far more attuned to the relationship between food and exercise, and therefore helps lose the fat and love the body again.

"ShapeShifter Yoga is not only suitable for those who're overweight but is also an all round well being program that is just as good for those already at their target weight. It can really enhance your fitness and body shape," says Stevenson. "The program gives you more energy and helps lower anxiety. It can alleviate the pain of aching joints and muscles, relieve stiffness, and improve your flexibility. Yoga is far kinder on your joints and it's a good way to exercise as you will burn as many calories as jogging."

"ShapeShifter Yoga is a program that gives you is a breakthrough approach to an age old method. Every step of the program is easy to follow and you have all the information you need at your fingertips. Targeted at those who need to lose a few (or more) unwanted pounds, this program certainly does what it says on the label. [ShapeShifter Yoga](#) can also improve your sex life by boosting desire and intensifying satisfaction. This is especially proven in women over the age of 45. Kris Frondran's program really does rock!"

Those wishing to purchase ShapeShifter Yoga, or for more information, [click here](#).

To access a comprehensive ShapeShifter Yoga review, visit <http://shapeshifteryoga.org/shapeshifter-yoga-review>

ShapeshifterYoga.org is a website created to give all the details about Kris Fondran's program and give a complete Shapeshifter Yoga review.

Press release courtesy of Online PR Media: <http://bit.ly/13RsFa9>

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