



GUIDELINES FOR HOT YOGA

TIPS FOR HOT YOGA

Drink Plenty of Water Throughout the Day. So that you are well hydrated before coming to class. Good hydration supports the healthy function of all your body's systems, and it makes the heat feel comfortable rather than overwhelming.

Don't think that you have to get in shape before coming to class. Come take your first class and then continue practicing as often as you possibly can and you will see the strength and body tone come. Yoga brings physical and spiritual wellness.

Arrive 15-30 minutes prior to your first class. This gives us time to register everyone, arriving early ensures a stress free and relaxed beginning to your Hot Yoga class.

You will feel challenged by the Yoga during class. Everyone has felt challenged and intimidated by their first Hot Yoga class, Yes, even your teacher. Always work to your edge, but listen to your body and inner wisdom. As a beginner, never be afraid to take a child's pose if you need to. It's totally normal, especially when you first get started, to get dizzy, nauseated, or lightheaded, its temporary, and as your body acclimates and detoxes these sensations will disappear.

During class NOBODY will look at you or judge you. The teacher will guide you and instruct you, always with compassion and respect. No need to be self conscious. It is helpful to know that peoples focus is on themselves, they are working to hard to notice anyone else.

PREPARATION FOR CLASS

You will need a large towel, a yoga mat, and a water bottle for class.

Dress as lightly as possible. No loose fitting garments. Shorts, sports bras, tights, sleeveless, and t-shirts are suitable. You will be sweating so dress accordingly.

Come on an empty stomach. No food 1-3 hours before class. a small quantity of easily digestible food is recommended for the meal prior to class.

Drink lots of water for several days before class if you're not in the habit of drinking water. Doctors estimate you need at least 2 liters of water everyday for normal body maintenance. Double that when doing hot yoga. If you drink a lot of caffeine or eat mostly processed foods it can affect your bodies ability to tolerate heat. So please cut down on those items before class.

WHAT TO EXPECT AFTER CLASS

You might feel very tired after the first class. This is totally normal and a good sign your body is cleansing. Your normal energy levels should be restored to normal after several classes.

You might feel sore or still the day after your first class. Come back to class as soon as possible! Your body is waking up and becoming alive, you want to keep this process going!

You might feel nauseous, dizzy, or have a headache after class. This could be a sign that your body is dehydrated. Please drink lots of water before returning to class. and please remember to BREATHE

You might experience some skin irritation. Your skin might be releasing toxins. Showering after class will help release the toxins and will help your body temperature return to normal.

You might feel very hungry after class for a while, or you might lose your appetite completely. Both reactions are totally normal. If you are concerned about your weight, don't worry too much either way.