

# HOT YOGA FAQ

## WHAT IS HOT YOGA?

Hot yoga is the term used for the undertaking of a yoga class in a room heated to around 40 degrees.

## WHAT ARE THE BENEFITS OF HOT YOGA?

There are lots! Some of the top benefits include:

- Relaxes the body and mind
- Provides a full body work out
- Improves your posture
- Increases flexibility and strength
- Detoxes and cleanses your body
- Maximises your energy levels

## HOW LONG DO CLASSES LAST?

The classes last 90 minutes and are suitable for all levels of ability.

## I'VE NEVER DONE A YOGA CLASS BEFORE, CAN I DO HOT YOGA?

Hot yoga is for everyone. Each class is open to beginners and the qualified instructor will be on hand to help you. Take the first few lessons a bit easier and you will soon get used to the postures and your hot surroundings.

## WHY DO YOU DO IT IN THE HEAT?

The heat warms your muscles and allows you to get into each position more easily. The heat also promotes sweating which helps to flush your body of toxins.

## SHOULD I DRINK A LOT OF WATER?

Working in such a hot environment is going to leave you sweating a lot so it is important to keep your fluids topped up. It's recommended you drink ½ a litre of water an hour before class. This will keep you hydrated but shouldn't bloat you. Take plenty of water into the class with you and sip when you feel you need it. After the class, it's important to rehydrate by taking on water or isotonic drinks to replace the lost electrolytes you've sweated out!

## DO YOU HAVE SHOWERS?

Yes, we changing rooms with showers.

## SHOULD I EAT BEFORE CLASS?

It's not recommended to eat a huge meal before but a light snack will give you the energy you need without bloating you.

## DO I NEED TO STAY IN THE CLASS FOR THE FULL LESSON?

We recommend you stay in the class for the full time if you are able to as this will enable you to get the full workout. The heat does take some getting used to at the start but as long as you pace yourself you should be just fine! If you do need to leave, then that's fine but please try not to disturb your fellow yogis!

## WHAT SHOULD I WEAR?

You will be sweating a lot so try and avoid loose clothing. And whilst it does get hot, please always be decently covered!

## WHAT IF I'M NOT FLEXIBLE?

The heat will greatly improve your flexibility and the class gives you a safe environment to do so.

## WHAT DO I NEED TO BRING FOR THE CLASS?

You will need:

- Towels – 1 for the class and 1 if you want to shower after
- Bottle of water
- Yoga mats are provided but you can bring your own if you wish

## HOW HOT IS THE ROOM?

Hot yoga usually takes place in a room set at between 35 and 40 degrees

## Do I have to be fit?

Hot yoga is designed for all levels of fitness but if you are worried, please consult your doctor first. If you do have any injuries, please inform the teacher.

## IS IT IMPORTANT TO LEARN FROM A CERTIFIED INSTRUCTOR?

Yes, you want to learn correctly. All our teachers are qualified instructors.

## AM I TOO OLD?

Not at all – hot yoga is designed to help everyone, no matter how old.

## AM I TOO YOUNG?

You must be 16 or over to participate in a hot yoga class.

## WILL HOT YOGA KEEP ME FIT?

Yes- the different postures combine strength, flexibility and balance to give you a full body workout. Regular practice of hot yoga will also aid with weight loss.

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