

Welcome to Wellness Forum Hot Yoga

Congratulations for taking a very important step in improving your health. This short guide is designed to assist you in having a successful experience with us. Please review it carefully and call if you have any questions.

About Hot Yoga

Hot yoga is a very specific type of yoga involving 26 poses, all of which are performed twice in a 90-minute class. The room is kept at 105 degrees, and a humidifier is used in order to keep the room hot, and promote sweating and detoxification.

The heat is a very important part of the therapeutic effect. This allows your muscles to experience a maximum stretch, detoxifies your body through sweating, increases your heart rate which provides an aerobic workout; and helps to burn body fat.

It does take some time to get used to the heat. Your first goal is to get to the place where you can stay in the classroom for the full 90 minutes. The number of classes required for becoming accustomed to the heat can range from one to several. Please do not get discouraged.

What to expect from taking Hot Yoga Classes

Everybody's experience is different, but these are some of the benefits our students have experienced from consistently taking hot yoga classes:

- Stretching out muscles, which eventually can relieve muscle pain
- Re-alignment of the spine
- Promotion of better circulation
- Improvement in joint function as a result of the heat, stretches, and increased movement of fluid into the joint cavities
- Improvement in breathing, which has a calming effect on the body
- Improved sleep
- Reduced stress and anxiety
- Improvement in immune function
- Increased strength
- Regular elimination of toxins
- Improved quality of skin
- Improvement in balance in coordination

Note: Hot yoga classes are not a substitute for medical treatment for any condition. The above information is not to be construed as medical advice or a guarantee of an outcome.

Pay attention to what you eat.

One reason why people get nauseous and dizzy during class is not eating, not eating enough or consuming the wrong foods before class. Wrong foods include high-protein and fat foods such as eggs, high-sugar foods like pastries and most cereals, and anything containing dairy.

Eating well will help you to perform better in class, but will also help improve your overall health as well. It is best to eat a plant-based (but not necessarily vegetarian diet), with lots of complex carbohydrates for energy.

Eating small meals throughout the day will keep your blood sugar levels even, and help to keep you from overeating.

Do not come to yoga class hungry, as this will contribute to dizziness, nausea and overall weakness. If you are coming to a morning yoga class, a healthy breakfast comprised of 400 calories of principally complex carbohydrate foods is advisable 1-2 hours before class. The Wellness Forum's breakfast shake is perfect for those who take morning class, and is actually the preferred breakfast on a daily basis.

If you are attending an evening class and coming straight from work, a granola bar, an apple with some almonds, half of a peanut butter sandwich, a cup of instant soup with rice, a veggie wrap, or a similar choice 30-45 minutes before class is helpful.

We have nut and fruit bars available at the front desk if you come to class without eating – please purchase one!

If you need assistance in improving or changing your dietary habits, contact The Wellness Forum at 614 841-7700. The company offers an excellent course that will teach you how to eat for optimal health.

Stay hydrated

Adult humans need at least 64 ounces of clean water daily. Exercise and the consumption of beverages containing caffeine increase daily water needs. To avoid becoming dehydrated in class, consume adequate water daily. Weaning yourself off of caffeine will also be helpful, since beverages containing caffeine dehydrate the body.

On days that you come to class, you should plan to consume at least 32 ounces of additional water to avoid becoming dehydrated.

It is also important to consume the right type of water. We offer Fiji at the studio, which is mineral-rich. Another good choice is Evian, or purchasing a carbon water filter. If you need advice about purchasing a water filter, speak with someone at The Wellness Forum, one of our sister companies.

No pain, no gain!

Unfortunately, in order to improve your health, you may need to experience some discomfort in the short term. This can include headaches, nausea, fatigue, muscle soreness and overall discomfort. These are not signs that you should stop coming to class, but rather signs that you need to be in class! As your overall level of fitness, nutritional status, flexibility, balance and ability to tolerate the heat improve, these symptoms will dissipate.

Students should always strive to reach the line between discomfort and pain. In other words, pushing hard enough to make progress, without hurting yourself. Discomfort is a sign of progress being made.

Breathing

It is important to breathe with your mouth closed. Doing so will assist you in developing your lung capacity and will keep you from dehydrating and wearing out quickly. Mastery of proper breathing takes time. Not only will doing so help your yoga performance, but it will eventually help you to respond to and to reduce stress, lower your heart rate, and assist you in sleeping better.

Frequency of attendance

Consistency is the most important thing. If you can only come once per week, then attend one class per week regularly. If you are trying to overcome an injury or to improve athletic performance, however, more often is always better.

Things that affect yoga performance

It is common for people to have variable experiences in yoga – good and bad days. The amount of sleep an individual gets, stress, nutritional status, hydration, physical exertion, (yard work, athletic activities, etc.), all affect yoga performance.

The poses most likely to cause problems, such as dizziness, for those who practice unhealthy habits are Eagle, Separate Leg Stretching Pose, and Camel Pose. These will become significantly easier once you are properly hydrated and well-nourished.

Additionally, it is common for people to be able to do a pose well for a while and then have trouble with it or experience a feeling of “going backwards” in progress. The biggest reason for this is realignment, which normally takes place over time, and can cause changes in balance, flexibility and even height. Be patient with yourself and realize that even advanced students experience this phenomenon.

Make a commitment!

To become good at yoga, you must practice. Don't compare yourself to others, but rather monitor your progress based on your own starting point. Plan to commit to at least 90 days of regular hot yoga classes before you make a decision about whether or not you plan to continue – almost everyone experiences benefits who attends regularly for this time period.