

HOT YOGA

HOW TO BUILD A PRACTICE IN 90 DAYS

~~~~~ The BeHotYoga Atlanta 90 day training program

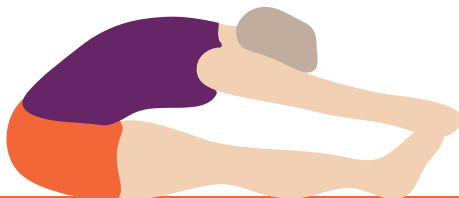


## Getting started.

Schedule your sessions each week (try for 3 times a week). If possible, choose the same days each week as you are building a brand new habit. Although most of our classes 75-90 minutes of hot yoga, we do offer Yin and Restorative classes to provide some variety for your practice.

Tell your instructor you are new and mention any injuries or medical conditions you may have. Then choose a spot in the back row.

➤ **Pro tip:** the center of the room tends to be the hottest



## Weekly intentions:

**Week 1:** Stay in the room. You may sit down anytime you need to but part of cultivating this new practice is allowing your body to adjust to the heat and humidity.

**Week 2:** Attempt each pose and connect with your breath. You may notice the postures are becoming more familiar.

**Weeks 3-6:** Notice the steady improvement in your strength, balance and flexibility.

**Weeks 4-8:** Notice that you are developing a meditation practice through the breath-movement connection and by the discipline created through stillness.

➤ **Pro tip:** showing up is the hardest part...and you did it!



## PRO TIPS



Drink plenty of water before class



Don't eat 2-3 hours before class



If you find you are breathing through your mouth, sit or lie down



Bring large towel, yoga mat and bottle of water



BE  
HOT  
yoga  
Be Hot ♥ Be Happy.

# Congratulations! You did it!

You completed your first hot yoga class. Not as bad as you thought, right? If you are shaking your head right now give yourself a couple of very well hydrated hours and see how you feel.

Be proud of yourself! You have done the hardest part which is showing up and making it through your first class. The heat and the practice are always a challenge, but it will get easier over time.

Hot yoga works on many levels and changes are already happening in your body!

In the beginning, we coach you to stay in the room and get comfortable with the heat. This will help you quickly get used to the routine.

Try to practice at least 3 times a week for your first month. If that is not possible for you, just come as often as you can. We promise, the changes that you will see and feel will be life altering when you surrender to the practice and let the yoga work!

Commit seriously to 1 month and see for yourself.

Welcome to the Be Hot Yoga family!



## **Why is it so hot in the room?**

The room is heated to help your body be more flexible. When your body is warm it is much more open and you can go deeper into the postures without injury. The heat is also an amazing detox! You sweat out lots of toxins in the hot room.

## **Why can't I leave the room if I want to?**

You can certainly leave the room if you absolutely have to. However, it is better to stay in the room and just take a break by standing still or sitting or lying down. This way your body continues to acclimate to the heat, rather than going out into the cooler building then coming back in.

## **What if I feel like I am going to pass out?**

Sit down! Take a break! Part of your yoga practice is listening to your body. When you feel lightheaded, just relax until you feel like joining back in. We recommend sitting out an entire posture when you feel lightheaded.

## **What if I feel nauseated?**

Same thing, take a break! Sit or lie down. Don't drink any water if you feel nauseated because that can make it worse. Remember that sometimes the detoxification process can be intense so let your body take things at its own pace.

## **When and what should I eat before class?**

We recommend not eating 2 to 3 hours before class. Have something light, nothing heavy that will sit in your stomach during class.

## **How much sweating is normal?**

It really varies! Everyone is different. Please be aware of your level of sweat and bring an extra towel if you need one.

## **Why do I need a towel to cover my mat?**

The towel helps catch the sweat so it doesn't go onto the floor or make your mat slippery. You also develop more strength if you don't rely on the stickiness of the mat for the grip with your feet.

## **What should I wear?**

Something light and stretchy, no heavy fabrics. Men usually wear shorts, with or without a shirt. Women wear bra tops or tank tops/tees, with shorts or yoga pants.

## **How does the yoga work?**

The yoga works from the inside out. The series is designed to work every part of your body...every muscle, organ, joint, gland, etc. The postures build strength as well as flexibility. It is very cleansing as well, releasing toxins and helping the organs and systems of the body work more effectively.

## **What if I am very inflexible?**

Then you should really come to yoga! The heat will make your body much more flexible. Give it some time and you will see big improvements in your flexibility.

## **How will this practice help me physically?**

You will build strength and flexibility. You will detox and improve the function of your muscles and joints as well as your organs. All the major systems of the body benefit as well. You will reshape your body and burn calories as well.

## **How will this practice help me emotionally?**

The practice is a moving meditation. It allows you the opportunity to turn your head off for a while, to turn down the noise of the world, and to be still. With the mirrors and the stillness, it is a very powerful, calming, and centering practice. Many students report that it helps calm them and make them more focused.

## **What is the difference between hot yoga and "Bikram" yoga?**

The series that we teach is the classic Bikram series. However, we are not associated with Bikram yoga as a business.