

HOT YOGA BENEFITS

Did you know Hot Yoga's popularity in the U.S. started in California in the 1970's? Hot Yoga creator, Bikram Choudhary, sequenced 26 poses to be practiced in a 105 degree room. Since then, the practice has spread throughout the U.S. with teachers adding their own twist on the practice.

We, at Go Aerial Fitness, provide a room heated to 95 degrees with top notch teachers that provide a balanced practice. Here are a few benefits plus our recommendations to fly free in our Hot Yoga classes:

DETOXIFICATION

Practicing yoga in a heated room will make you sweat. This requires you to drink more fluids to stay hydrated. You'll naturally flush the body.

We recommend you hydrate before class especially with electrolytes, such as coconut water or a pinch of salt in your water. Definitely, drink plenty of water prior to class and then re-hydrate during and after as needed.

INCREASES FLEXIBILITY

Because heat increases the blood flow into the muscles, they become more pliable. Warmer muscles are less likely to get injured than colder muscles. You may find you're able to stretch deeper.

We recommend you listen to your body. Whether you're tight or hyper flexible, move gently and slowly into poses to insure it's good for your body.

BUILDS STAMINA & ENDURANCE

Hot Yoga increases your heart rate and helps train your lungs to breathe deeper. This brings more oxygen to the bloodstream and other organs. You'll get a kick butt cardio workout.

We recommend you work into a Hot Yoga practice. It's natural to feel light headed or faint when starting. Take breaks and slowly sip water when needed. Wear light breathable clothes, come early to adjust to the heat and take resting poses as needed.