

HOT YOGA CONTRAINDICATIONS

New to Hot Yoga? Here's what you need to know before starting a Hot Yoga practice:

Prescription Medications

Check any side effects that could cause dehydration, problems with body temperature regulation, cardiovascular and/or circulation problems and any other possible concerns with intense, cardio, heat related fitness regimens.

Topical Application of Lotions or Essential Oils

Check the contraindications of topical lotions and essential oils, such as increased heat sensitivity, cardiovascular and/or circulation concerns and any other possible concerns with intense, cardio, heat related fitness regimens.

Pregnancy

Check with a doctor prior to starting a Hot Yoga practice, especially if you've never practiced before.

Infections and Fever

Be clear of infections and fever. First and foremost, we want to insure the health of the members of our community. The spread of infections and disease should be prevented. Second, the body's natural response may be to increase body temperature and inflammation. Hot Yoga may cause dehydration, excess heat, light-headedness and other side effects that may be harmful.

Joint Injury or Recent Surgeries

Be cleared by a doctor or physical therapist prior to starting a practice. Since injuries and surgeries have a variety of concerns including inflammation, heat exposure should not be used until cleared by a professional.

Conditions Associated with Decreased Sweating

Make sure you're body can regulate temperature properly. Due to the heat and intensity, the body needs to sweat to cool down and regulate temperature. Any conditions that cause problems with sweating needs to be approved by a doctor prior to starting a Hot Yoga practice.

If you are at all uncertain Hot Yoga is safe for you, check with a doctor prior to starting a practice. If at any point during your practice you experience pain, dizziness or nausea, stop immediately and rest. Be sure to consume plenty of water before, during and after class to prevent dehydration and other negative effects.