

Precautions with Hot Yoga

- If you are under medical supervision or have any underlying health issue you must consult your doctor before even attempting a short session of hot yoga

Consumption of fluids is vital before, during and after a hot yoga session - it is the only way to avoid dehydration and maintain the nutrients that your body needs

It is not recommended for pregnant women and children - people with hypertension problems or diabetes must consult their doctor.

Dizziness is very common, especially if you are a beginner; however, if you don't feel well or it is unbearable hot for you then it is recommended to leave the room until you feel better.

- Come to class on an empty stomach. Do not eat 2 hours or more before the class. The only exception to this is someone who has a known medical condition or low blood sugar levels and who know they may faint if their blood sugar level drops
- Dress in light clothing as the room is hot and will be even more uncomfortable with heavy clothing on you.
- Please bring a bath towel to the class, to place on top of the usual rubber yoga mat. This will help absorb the sweat and prevent you from slipping.
- Muscle soreness is to be expected after the first class, the best way to overcome this is to do some gentle stretching. And also the following day, practicing some more yoga will help gradually loosen the body over time.
- You should be aware of any injuries you may have, or any limitations of your own body type, and respect your own natural limits. Do not push yourself so hard that you feel you are fighting with the practice.