

## **FAQ- HOT YOGA**

### **I'm not very flexible. Is Yoga still for me?**

Yoga (particularly hot yoga) is one of the best ways of improving your flexibility, so yes you should definitely give it a go however inflexible you think you are. Flexibility is a process that can be improved over time by practicing yoga regularly. Hot Yoga can help you to achieve faster results as the heat allows you to move into deeper stretches more easily with lower risk of injury. Yoga is a non-competitive practice so you can develop at your own pace without trying to keep up with the person next to you and there are plenty of classes to suit all standards.

### **Why hot?**

The heated studio allows muscles to stretch further and because your muscles are warm you are at less risk of injury. By inducing sweating, toxins are emitted from your body leaving you feeling deeply cleansed, relaxed and fully rejuvenated.

### **Whats the difference between Bikram and Hot Yoga?**

Hot yoga at Yoga Hub is similar to Bikram in the way we practice yoga postures in a heated room. However our classes, the postures and sequences can vary in length and difficulty to suit the different requirements of the people who come to practice.

### **Should I eat or drink before I come to class?**

We recommend that you refrain from eating for 2 hours before a class, but it's a good idea to drink plenty of water right up until the start. We encourage you to bring a bottle of water into the class with you so that you can stay hydrated throughout. Bottled water can be purchased from reception.

### **What do I wear?**

Please dress for comfort ensuring you have complete freedom of movement. For the hot classes it's normal to sweat so wear comfortable light clothing.

Women usually wear shorts or leggings with vests or crop tops and men wear shorts with or without a t-shirt. The golden rule is wear as little as you are comfortable wearing as you will sweat a lot and the body will cool itself better

**What do I bring?**

For hot classes you will need a yoga towel, a large bottle of water. Don't worry if you forget as you can buy water and rent towels from reception. Hot yoga towels are also available for purchase – please enquire at reception.