



Welcome to Hot and Healthy Yoga Studio

Dear Yogi/Yogini,

Welcome to Hot and Healthy Yoga Studio. Whether you are new to Yoga, new to Hot Yoga or new to our studio, we believe you deserve the best possible yoga experience available.

Read this power-packed guide at your leisure, it will help your motivation skyrocket and equip you with plenty of great tips to get the most from your practice.

SOME BASIC FACTS TO HELP YOU FEEL CONFIDENT

*All of our teachers are certified with Yoga Alliance and hold at least a 200 hour teacher training certificate. We want you to know that you are receiving a safe and well informed session EVERY time you come into our studio.

* All of our classes are held in a room that is heated. The heat allows for greater flexibility, it minimizes muscle strain, lactic acid build up, reduces the chance of injury, allows for greater cleansing of the body and builds tremendous stamina and endurance.

* The room is mirrored to allow for greater body awareness and to refine and deepen our postures with easy self-correction.

THE HOT AND HEALTHY YOGA ENVIRONMENT:

We believe in a positive, supportive environment. No matter what your background, capability or goals are, yoga is a great equalizer and that's how we treat everyone.

You'll be encouraged to maximize the alignment in your postures; coached to reap the rewards of good deep breathing; coaxed to find 'new places' in your practice.

This is done extremely positively - no 'drills', shouting, no "No, no, no that's wrong". (Yes, sounds ridiculous, but there are yoga instructors who do this we don't.)

We want our studio to be a sanctuary for you. A place that you cannot wait to come to. A place where you can be "You".

BEFORE COMING TO CLASS

Take all the pressure off yourself by having no expectations other than enjoying the decision you've made to come to class.

Brand new students will gain the most by arriving 20 minutes early to sign a waiver, ask questions, read this information and relax before class begins.

You can always sign up for classes online and even enter your own personal information online before coming to the studio. Just log onto our website at www.hotandhealthyoga.com and click the link under "class schedule".

- * Make sure you drink plenty of water before, during and after class.
- * It is best to minimize eating before class to light meals about 2-3 hours before yoga.
- * If you are attending a morning class and you feel you need to eat, having a light breakfast - perhaps just non-citrus fruit - might help you. Heavy cereals or the full fried breakfast just don't mix well with yoga.

IF YOU'D LIKE TO KNOW WHAT TO BRING ...

- * Your own yoga mat.
- * If you do not have your own mat, we will loan you one, but you will eventually want to own your own (especially when you realize how much we will sweat).

- * Yoga mats are available for purchase at the studio. The mats are uniquely made especially for yoga - they are sticky and not too thick, so balance is more firm - but not so thin they are uncomfortable on the floor!
- * You'll need your own LARGE beach towel or "Yogitoes" to place on your mat and a small face towel to wipe your sweat. We have Yogitoes available for purchase at our studio.
- * A water bottle / sports bottle. You can also purchase water at the studio for \$1.00.
- * Women: wear what you feel comfortable in. Some women wear gym gear, yoga clothes or even shorts and a tee-shirt.
- * Men: workout pants or shorts are fine. Some men prefer to wear shirts, others do not.

IF YOU THINK YOU CANNOT DO SOMETHING ...

If you feel like you need a break then please feel free to stop for a moment. But try not to leave the room. If you leave the room, the temperature change can tighten up the muscles and make you feel worse. It is better to stay on your mat and do the following:

- * Calm your breath and heart rate at first by standing still, looking at yourself in the mirror and inhaling/exhaling through your nose.
- * If you really have to sit down then keep your back straight and chest open to assist your breathing.
- * Always breathe in and out through your nose, mouth closed.
- * If you need a rest, lie down on your mat.
- * We always keep electrolytes at the studio. Feel free to ask the teacher to get you some.

This is a yoga class not a competition!

Everyone's ability in each posture will be different. You are guaranteed to get the benefits of Yoga by doing the best you can in each posture; respond to the instructions, concentrate on alignment and work to your level.

IMMEDIATELY AFTER CLASS

- * Stay in the yoga room for the final relaxation pose(savasana) for as long as you need to warm down and allow your breathing and heart rate to return to normal. This helps to integrate all the great work you have completed in your class.
- * You will be given a cool cloth at the end of class. You can place this on your head, face or neck to cool off. Each teacher will use essential oils on these cloths and will let you know what has been used. If you have any allergies, pay attention to what has been used so you will know if it is appropriate for you. You can also use these cloths after class to wipe down your yoga mat.
- * We have a changing room and a bathroom for your convenience.

We always have a time for students to cool down after class. Time to mingle, pick up tips, meet new yogi friends - or just enjoy the rush of endorphins through your body!

THE NEXT DAY/FEW DAYS

Reactions the next day are varied. Some students never feel at all stiff, thanks to the beneficial effects of the heat, but should you feel a little stiff then getting back into the yoga room with the heat and more stretching is the cure. And try a hot bath or spa with Organic Bath Salts or Organic soaps - mmmmm! And yes, we can supply you with both. Thanks to our full line of B&G Organics products made by one of our very own Yoga students.

It's best to get at least three classes into your first week - your mind will quickly overcome the challenge of the heated room, get to know the postures and you'll be ready to yoga!

You'll also start noticing the benefits IMMEDIATELY - the perspiration releases toxins from your body and the fresh oxygenated blood that you create will begin to heal and restore your muscles, joints and organs.

Over the next 10 days, your body will acclimatize to exercising in the heated room and you'll be noticing great changes in your flexibility, ability to stretch out necks, arms, legs - and your whole attitude will just seem to lighten up several notches.

Friends and family start to notice that 'yoga glow' in your skin - without you saying a thing!

And remember - this is your journey, no-one else's - and if this is your first class, the postures may seem strange, and the heat may feel unbearable. Stick with it.

Still need more? Visit our informative web site at www.hotandhealthyoga.com

And do let us know how you are doing! Perhaps your testimonial can inspire someone else just needing that extra bit of motivation

Namaste, ("Sanskrit for "The divine (or light) within me recognizes and honors the divine (or light) within you")

Laura, Paula, Virginia & Rachael