



FREQUENTLY ASKED QUESTIONS

WHAT ARE THE BENEFITS OF HOT YOGA?

There is much evidence both scientific and anecdotal to support the benefits of practicing yoga on a regular basis. Problems of alignment, rheumatoid and osteoarthritis, diabetes, heart disease, asthma, insomnia, high and low blood pressure, and many other medical problems have shown much improvement with a regular practice.

Some of the benefits include:

- * Expands your capacity to breathe deeply and fully
- * Prevents injury and may prevent or improve chronic illness
- * Promotes better sleep, you may even need to sleep less
- * Fabulous body toning effects
- * Weight loss or gain depending on your body's needs
- * Improvement in posture and body awareness
- * Improve the healing and regenerative powers of your body
- * Improvement in T cell function and your immune system
- * Improvement in your lymphatic system
- * Lengthening and strengthening of muscles and connective tissue
- * Increased flexibility
- * Improvement in peripheral circulation
- * Improvement in metabolism / digestion
- * Gives the body a cardiovascular workout without negative impacting forces
- * Nervous system is exercised
- * Endocrine and exocrine glands are massaged and stimulated to better function

- * Muscular and skeletal network are enhanced
- * Weight bearing exercise will help prevent osteoporosis
- * Works every organ, gland, nerve, tendon, ligament and muscle in the whole body
- * Improves heart and lung function
- * Improves back conditions of pain and misalignment
- * Improves flexibility of your spine in its range of motion in all directions allowing the improvement in function of your central nervous system.
- * Better nervous system communication means a better functioning body and mind
- * Helps cultivate a sense of well being and a more peaceful mind
- * Integration of both sides of the brain to improve memory, learning, body coordination and balance
- * Builds mental strength and teaches you to hold your mind in a focused and meditative state

WHY IS THE ROOM HEATED?

If you think about it, it makes sense. To best benefit from any exercise program we should always warm our bodies up and at the end warm down. The temperature of the yoga room is similar to our body's own temperature.

This facilitates faster improvement in many of the benefits resulting from your yoga practice. Just think of it as a hot day.

Or better still, if you have been used to exercising you will recognize that the best feelings come when you are at the peak of your exercise and your body has had enough time to generate the warmth from the inside radiating it out to all of your muscles.

It just doesn't make sense to exercise in air-conditioning!

WHY DO WE NEED TO SWEAT?

We need to sweat to release toxins from the body, to promote cardiovascular action, and to facilitate calorie burning.

The moisture in the air is the reason you will probably sweat quite a lot. We have experimented with different levels of heat and humidity and have found that

it is the increased humidity that is more likely to make you sweat! Many confuse this with the actual temperature. The more people in the room, the more moisture from our breath, the more we sweat.

The studio is thermostatically controlled so the temperature never gets too high. Experts agree that the humidity for optimal lung function for protection against colds, flu and other respiratory problems such as asthma is around the 60-70% mark.

So enjoy the sweat! It is doing you so much good on so many different levels!

WHAT ARE THE BENEFITS OF THE HEAT?

When the room is heated we are able to get into our postures more deeply and more effectively and therefore the benefits of the postures come more quickly. You will find like the many who have come to this yoga before you, that it is a satisfying and almost addictive feeling of achievement to be in the warm room.

The benefits are many:

- * Your body burns fat more effectively, fat may be redistributed and burned as energy during the class. It is very common to lose inches of shape in a short period of time
- * The warm temperature produces a fluid like stretch allowing for greater range of movement in joints, muscles, ligaments and other supporting structures of the body
- * Capillaries dilate in the heat; more effectively oxygenating the tissues, muscles, glands and organs and also helps in the removal of waste products and also helps lower blood pressure
- * Your peripheral circulation improves due to enhanced perfusion of your extremities
- * Your metabolism speeds up the breakdown of glucose and fatty acids
- * You benefit from a strengthening of willpower, self control, concentration and determination in this challenging environment
- * Your cardiovascular system gets a thorough work-out

- * Your muscles and connective tissue become more elastic and allow for greater flexibility with much less chance of injury and increased chance of injury resolution. Scar tissue is more easily broken down and eliminated
- * Promotes sweating and detoxification and elimination through the skin which is the body's largest eliminating organ
- * Just as when your body raises its temperature to fight infection, the raised temperature in the room will assist in improving T-cell function and the proper functioning of your immune system
- * Your nervous system function is greatly improved and messages are carried more efficiently to and from your brain and spinal cord
- * It improves your metabolism in the digestive system and in the body's cells (that is; food in the gut and nutrients in the cells)

WHAT IF I AM NOT FLEXIBLE?

This is the most common misconception which prevents many people from starting yoga. Yoga is not about how flexible you are, but about strengthening your body and spine in all directions. All that matters is that you try the right way and you will get benefits. Yoga stresses the importance of strengthening your mind and body. With regular practice you will see great improvements in your concentration and flexibility.