

HOT YOGA STUDIO

Hotyogavabeach.com

757-486-5002



What to Expect

PREPARATION FOR YOUR FIRST CLASS

- Since most studios are heated to 105 degrees, you need to have a large towel, a yoga mat, and a cold water bottle for class
- We rent yoga mats and Skidless towels for \$2.00 each. We also sell these items and have water available for \$1.50 if needed.
- Dress as light as possible. Men like to wear board shorts. Women tend to like tank tops. Whenever possible, wear materials that wick moisture. Since we sweat from the head down, pants length is a matter of personal preference and anything from shorts to ankle-length is acceptable.
- Come on an empty stomach. We recommend not eating for about 2-hours before class. Many of the postures are compressions postures and you will spend some time on your belly making for an uncomfortable practice if you've eaten beforehand. If you must eat, a piece of fruit or juice should help keep hunger at bay until after class.
- Drink lots of water before class. You must be hydrated. Keep in mind that if you drink large quantities of caffeinated drinks or eat mostly processed foods, it can affect your body's ability to tolerate the heat.

WHAT TO EXPECT AFTER YOUR FIRST CLASS

- You might feel tired after class. This is absolutely normal and a good sign that your body is cleansing. Your energy levels should be restored to normal within several classes.
- You might find yourself feeling extremely energetic and experience difficulty sleeping. Don't worry – this is a good sign that the yoga is truly filling you up with energy. You don't have insomnia. You just have more energy to do the things you enjoy.
- You might feel stiff or sore after your first class. Come back ASAP! The muscles will feel good in the heat plus your body is waking up and coming alive. Keep the process going!
- You might feel nauseous, dizzy, or headachy after class. This may be a sign that you are dehydrated. Continue to drink lots of after class. It could also be a sign of detoxification – a good thing - or that you were trying too hard and not breathing correctly. Try to be more aware of your breath during practice.
- You might feel hungry or lose your appetite completely. Both are normal. Try not to concern yourself with your weight. Once you establish a consistent practice, your weight and appetite will normalize. You will find yourself feeling more energized, healthy, calm, and confident!

Warning: Yoga is addictive! You may find your mind, body, and spirit will feel the best they have in a very long time. Practice daily and enjoy!