

Hot Yoga: Frequently Asked Questions

This document was created to answer the most commonly asked questions about hot yoga at Heritage Fitness. If you have a question that we haven't answered in this document, please don't hesitate to contact us.

What is hot yoga?

Hot yoga refers to a physically and mentally challenging style of yoga practiced in a studio that is heated to between 32°C – 40°C and retains a humidity level of about 40%.

How does hot yoga differ from other yoga classes?

The poses practiced in hot yoga are like those found in other forms of yoga, but the high heat and humidity of hot yoga allows the body to settle more deeply into the poses. As the heat takes effect on the body, poses become more challenging to hold and students must strengthen focus to maintain proper form. The extra challenge of hot yoga provides an opportunity for increased mind, body, and spiritual self-awareness and is a vigorous workout.

Why is your studio heated with forced air rather than the radiant tiles used in many other yoga studios?

During the design process, we knew we wanted the beauty of our studio to stand out; that includes the ceiling. Rather than having radiant tiles visible on the studio ceiling, we chose to incorporate a stunning mandala to gently remind our yogis of their spiritual path. Forced air systems also promote air circulation within a room, a nice factor when practicing hot yoga.

What should I wear to hot yoga class?

Students should wear clothes that they are most comfortable wearing for yoga practice and accommodate a wide range of movements (leggings, tank tops, etc.). We do recommend moisture-wicking fabrics (not cotton) to help keep you comfortable.

What do I need to bring to class?

Bring plenty of water to consume throughout class. Hot yoga causes the body to produce a significant amount of sweat; replenishing the lost water is important to prevent dehydration. Students should also bring a yoga mat, a sweat towel to help absorb sweat, and yoga mat towel to keep your mat dry.

What happens if I get too hot and start to feel lightheaded or nauseous?

Self-awareness is key in hot yoga. If you have been sick or dehydrated, you may want to save hot yoga for another time. If you become lightheaded or nauseous during class, we recommend drinking water and assuming savasana or child's pose on your yoga mat until those feelings pass. If you would like to leave the room, please let the class instructor know so they can monitor your situation.



Should I drink a lot of water before class to hydrate?

Hot yoga students should be well hydrated before arriving to class. We do not recommend drinking water to the point of discomfort and ask that students eat lightly before class. Everyone is different, please use your best judgement.

How often should I practice hot yoga to see the benefits?

The answer depends on your personal goals. Students come to hot yoga for a cardiovascular workout, detoxification, improved strength, increased flexibility, and various mental benefits. Yoga practice is very personal; listen to your mind and body as you develop your own hot yoga practice.

Is hot yoga safe for everyone?

Hot yoga is strenuous exercise. Individuals with a compromised immune system, those recovering from illness, and those new to fitness may want to build up to hot yoga. Hot yoga may not be suitable during pregnancy. Please consult your physician before adding hot yoga to your fitness routine.

How hot does the room get?

The studio is heated to between 32°C – 40°C and retains a humidity level of about 40% for our hot yoga classes. The studio runs between 26°C – 31°C for our other *To The Mat Yoga* classes.

Learn more about our [To The Mat Yoga specialty membership](#) and view the full [To The Mat Yoga class schedule](#) on our website.

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