



HEATED YOGA

INFORMATION & GUIDELINES



SAFETY CONSIDERATIONS

With the addition of heat and humidity, heated yoga offers a warm environment that presents some unique considerations. The following recommendations should be considered for anyone practicing yoga at these warmer temperatures:

1. Drink water before, during and after exercise. Stay hydrated!
2. Dress in light, comfortable clothing that stays in place, yet allows free movement.
3. If you are pregnant, suffering from any medical conditions that would make it unsafe to exercise, have diabetes, have any issues with high or low blood pressure, or are prone to dizzy spells, choose a different type of yoga class.
4. Avoid wearing heavy scents and lotions. Scents can be overwhelming and lotions can make skin slippery.
5. Move slowly and mindfully. When muscles are warm it's easier to stretch them. Never stretch them to the point of pain.
6. If you feel uncomfortable take a break: go into a child's pose, sit down on your mat, or step out of the room.
7. Make sure you're eating healthy and leave approximately 1-2 hours between snacks and approximately 3-4 hours between meals and your yoga practice. Post-class: rehydrate and eat a snack with protein and carbohydrates.
8. Listen to your body and push your body only as far as you feel comfortable.
9. Use a towel, chamois or yoga towel to help absorb sweat. A moisture-wicking headband is a good idea to keep sweat out of your eyes.
10. Watch for signs of dehydration: lightheadedness, un-coordination, muscle cramps, dry mouth, rapid heartbeat, and more. Cease exercise and inform your instructor if you feel you are becoming dehydrated and sip water and/or a sports drink to replenish carbohydrates and electrolytes.
11. If, at any time, you feel exhausted, overwhelmed, sick, light-headed or show any signs of overexertion or injury, stop exercising and inform your instructor.

Information provided in part by: SparkPeople.com

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