



HOT YOGA

AT PH&W WE LOVE FINDING NEW WAYS TO GET OUR WORKOUTS IN. WITH SO MANY THINGS TO TRY, OUR STAFF IS ALWAYS READY TO SNEAK OUT OF THE OFFICE AND ATTEMPT ONE. AFTER HEARING SO MUCH ABOUT HOT YOGA, WE HAD TO GIVE IT A SHOT. HERE'S WHAT WE LEARNED AT HOT YOGA AHWATUKEE.

THE BASICS

The room is approximately 105°F with a humidity of 40%, for a class that is 90 minutes long. This means you're surely going to sweat. There are a number of advantages to the heated environment including increased flexibility of your muscles, increased lung function and burning big-time calories.

Hot yoga aims toward general wellness and claims the heated studio facilitates deeper stretching, injury prevention, and stress and tension relief. The basic idea is to systematically stimulate and restore health to every muscle, joint, and organ of the body. There are two complementary aspects of the exercises, asanas (postures) and pranayama (breathing exercises).

Pro athletes from all sports are practicing hot yoga. NFL greats like Matt Hasselback, Amani Toomer and Ricky Williams feel it will keep them injury free and will prolong their careers. Professional baseball and Mixed Martial Arts fighters are also big on this workout particularly for the emphasis on strengthening core muscle groups.

According to Bikram Choudhury, one of the more well known teachers of this type of yoga, many people only use up to 50 percent of their lung capacity. The breathing exercises in yoga condition the lungs to withstand holding more oxygen. Someone regularly practicing the deep breathing exercises will eventually be able to enhance oxygen conversion and absorption, as well as improve blood circulation. This can be extremely valuable for those having difficulty with lung function.

No matter why you decide to try it, hot yoga is one aggressive workout with multiple benefits. It's also a lot of fun. **Learn more at www.hotyogaahwatukee.com.**



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SCOPE OUT / COME ALONG ON A WORKOUT

OUR FITNESS FANS



WILL

A 30 year-old Personal Fitness Expert and new father.
www.willhipple.com

As a new dad, my back and shoulder was getting tight and sore from lugging my little 10-pounder around. Not anymore. That was great! Now if I could just get some sleep....



LINDSEY

A 26 year-old personal trainer who's medically supervised weight loss program helps overweight patients
www.foothillsprimary.com

The flow of the class was great. There was plenty of instruction and demonstrations of poses for beginners while providing advanced options for experienced yoga practitioners. Make sure you come already hydrated, bring a large towel, and prepare to sweat profusely from start to finish!



MATT

A 32 year-old chiropractor that enjoys jumping from airplanes
www.ArizonaSpineandDisc.com

The flexibility aspect of this workout is amazing. It's great for men with tight low backs and necks. Weekend warriors and desk jockeys will feel great after just a class or two. I like it!



LINDI

A 24 year-old graphic designer and fashion model with a love for break dancing.
www.facebook.com/designdemon

I liked the pace of this workout. I have never done any yoga, let alone hot yoga, and I really enjoyed it. This class is truly a full-body workout and I felt a lot of tension had been released afterward. Beware, you'll sweat so much you'll wonder if you shed a few pounds.



JOSH

A 27 years old personal trainer who loves mountain biking and kayaking

I'm constantly dealing with tight muscles and a stressed mind. This class is challenging enough for a fitness pro yet perfect for a beginner. I left class feeling loose and relaxed. I loved the experience and can't wait to sweat my brains out next time!