

FREQUENTLY ASKED QUESTIONS

What is Hot Yoga?

Hot Yoga is a series of postures and breathing exercises performed in a heated room. The heat allows the body to stretch and compress more deeply, minimising the risk of injury or strain. The heart, lungs and circulatory system are required to work harder, giving you a cardiovascular workout. The warmth aids sweating and thereby giving you the added benefit of a detox.

What are the benefits?

- Increases flexibility and strength
- Improves posture
- Relieves tension
- Detoxes the body

What ages and abilities can attend?

Ages from 16+. All abilities can attend but we recommend that anyone new to Hot Yoga informs the instructor prior to the start of the class.

What do I need to bring?

Plenty of water. You will also need a towel and a mat, these are also available to hire if you need them. Mats are also available to purchase.

Can I attend if I am new to Yoga?

All of our classes are aimed at mixed abilities and our instructors will be able to provide adaptations as appropriate. Please inform the instructor prior to commencement of the class if you are new to Yoga.

What do I wear?

Light clothing that's comfortable to move in: t-shirts, vests, shorts ...nothing too heavy.

Can I eat and drink before class?

You may want to avoid a heavy meal before class. Try having a light snack at least an hour before you head to the studio. Stick with foods that you know are easy on your system. You want to be focusing on your practice, not worried about how your tummy feels. Make sure you stay well hydrated before your class, but DON'T overdo it. Practicing yoga with a tummy (or bladder) full of water is uncomfortable. Instead, take

small sips throughout the hours before your class to make sure your body is in shape to do a lot of sweating. Also, make sure you are replenishing your body with lots of water after class too, to rehydrate.

How many times a week can I practice?

This is your choice, but make sure you give your body days to rest and recover. If you are a beginner, you may want to start with just a couple of sessions a week.

Can I attend if I am pregnant?

Only if you are regularly practicing and you fall pregnant. We ask you to inform the instructor as soon as possible.

Can I attend if I have high blood pressure?

As long as it is medicated, but seek advice from your doctor.

Should I arrive early for the class?

Definitely! Try to arrive 10-15 minutes before the class to set up your mat, towel and get some water. You also want your mind and body to adjust to the heat before you start the class.

How do I book?

Bookings for Yoga classes will be made as per all Group Exercise classes – 7 days priority for members and 4 days for non members.

How will membership work?

Hot Yoga Studio only memberships are available, or you can add the Hot Yoga to Fitness memberships, or purchase Spa and Hot Yoga memberships. The membership team will deal with all membership enquiries.

Equipment

We will be retailing Hot Yoga Studio branded equipment i.e. towels, Yoga mats, flip flops, t-shirts, water bottles etc. There will be the facility to hire Yoga mats and possibly towels.



MARSHALL STREET LEISURE CENTRE HOT YOGA TIMETABLE

At Everyone Active Hot Yoga we believe in the power of yoga to revive your mind, body and spirit. As one of the fastest growing styles of yoga around, our studios have been developed to help you achieve physical, mental, and emotional balance.

With the wide-variety of classes offered at our studios – from 90 minute classes, to Pilates, to 'warm' yoga and 60 minute session – you can just have fun, you can use Hot Yoga as part of your overall fitness & flexibility training, or you can practice the ancient art to help you achieve balance and deep wellbeing.

Marshall Street Leisure Centre

Hot Yoga Studio Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
07:00 - 08:00		Hot Hatha Flow *	More Dynamic Body	Hot Power Pilates *	More Morning Flow			07:00 - 08:00
07:30 - 08:00	More Ashtanga							07:30 - 08:00
08:15 - 09:15	More Morning Flow	Hot Hatha Flow *	Private Class	Hot Power Pilates *	More Rocket Yoga			08:15 - 09:15
09:15 - 10:15						More Power Flow		09:15 - 10:15
10:00 - 11:00		More Vinyasa Flow	MoreFit Flow (FITNESS/YOGA)		Hot Hatha Flow *		More Power Flow	10:00 - 11:00
10:30 - 11:30						More Mandala Flow		10:30 - 11:30
11:15 - 12:15							More Flow to Restore	11:15 - 12:15
12:15 - 13:00		Hot Yoga Express *		More Yoga Express *				12:15 - 13:00
12:30 - 13:15					More Yoga Express *			12:30 - 13:15
12:30 - 13:30			More Vinyasa Flow					12:30 - 13:30
13:15 - 14:00	More Pilates *	Hot Yoga Express *		Hot Yoga Express *				13:15 - 14:00
14:30 - 15:30						Hot Yogalates *		14:30 - 15:30
16:00 - 17:00							More Yin and Meditation	16:00 - 17:00
17:45 - 18:45			More Jivamukti					17:45 - 18:45
18:00 - 19:00		More Ashtanga		More Rocket Yoga	More Mandala Flow			18:00 - 19:00
18:30 - 19:30	Hot Dharma *							18:30 - 19:30
19:00 - 20:00			More Jivamukti					19:00 - 20:00
19:15 - 20:15		More Flow to Restore		More Mandala Flow	More Yin and Meditation			19:15 - 20:15
19:45 - 20:45	Hot Dharma *							19:45 - 20:45

Class Descriptions

■ Cold Class ■ Heated Class

HOT DHARMA Based on the teachings of Sri Dharma Mittra a beloved and renowned yogi master, Dharma yoga is a strong, graceful and dynamic flow which explores balances, twists, gentle back bending and inversions finishing with a blissful relaxation and pranayama. This practice is a moving meditation that empowers the whole body on a physical, spiritual and mental level. All this is done in a hot room.

ROCKET YOGA Ashtanga's fiery little sister. Fast flowing movement linked to the breath with an awesome playlist. If you're looking to challenge yourself, rocket will certainly push you to your limits. Arm balances, inversions and backbends are all par for the course in this class.

MANDALA FLOW More Mandala flow will move you dynamically 360 degrees around your mat. It has roots in Shamanism with a focus and

flow for each element that will create heat and prana for the entire body. These different sets of yoga sequences will use all four points of the compass yet will begin and end with a luxurious yin pose to balance out the entire body, mind and soul. Expect to be challenged by the choreographic sequencing, to get upside down, and to have a lot of fun in the process!

This is a gracefully, challenging and deeply soothing practice for all levels of practitioner.

HOT YOGALATES A fun and core challenging fusion of yoga and pilates, which incorporates movements from both disciplines, focusing on strengthening the deep postural muscles and improving body awareness. Expect a dynamic class which will leave you feeling centred, aligned and energised. All this is done in a hot room.

POWER FLOW Step up your vinyasa practise with this more challenging flow. Bring a towel

and prepare to sweat your way through more advanced sun salutations (with some inversions thrown in for good measure)!

FLOW TO RESTORE Flow to Restore yoga is intended to take you from your busy lifestyle into a relaxed, quiet and calm space. Expect a flow of mindful movement and breath to start. This flow will be linked to postures intended to release stress and tension we could be holding in the body while

you also build strength and flexibility too. The second half of class includes deep relaxation with longer held postures to help repair and restore the entire system. Beginners and experienced students are all welcome.

YIN AND MEDITATION Step up your vinyasa practise with this more challenging flow. Bring a towel and prepare to sweat your way through more advanced sun salutations (with some inversions thrown in for good measure)!

FIT FLOW A dynamic fusion of vinyasa flow yoga and fitness. The class includes HIIT training, core control and traditional yoga. This total fusion of hard core fitness and traditional yoga bridges the gap between fitness fanatics & yogi crew! Every session ends with a well earned Savasana – enabling you to float out of the studio & into a state of total wellbeing. All levels welcome.

*These classes require a Hot Yoga Subscription to attend. Drop in classes are also available for purchase. Studio time is available for hire. Please contact the Centre Reception for details.

For an up to date timetable which includes class style and teacher, please go to www.moreyoga.co.uk/studios/soho or visit the Everyone Active app