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Why Hot Yoga?

The heat allows us to get into postures more deeply and effectively - plus the benefits of the postures come quickly. Like thousands before you, you will find that practicing yoga in the warm room creates a satisfying and almost addictive feeling of achievement.

The benefits are many:

- The heat produces a fluid-like stretch allowing for greater range of movement in joints, muscles, ligaments and other supporting structures of the body.
- Your body burns fat more effectively; fat may be redistributed and burned as energy during the class. It is common to lose centimetres of shape in a very short time.
- Capillaries dilate in the heat; more effectively oxygenating the tissues, muscles, glands and organs and helping in the removal of waste products.
- Your peripheral circulation improves due to enhanced perfusion of your extremities.
- Your metabolism speeds up the breakdown of glucose and fatty acids.
- You benefit from a strengthening of willpower, self control, concentration and determination in this challenging environment.
- Your cardiovascular system gets a thorough workout.
- Your muscles and connective tissue become more elastic and allow for greater flexibility with less chance of injury and improved resolution of injury.
- Sweating promotes detoxification and elimination through the skin - which is the body's largest eliminating organ.
- Just as when your body raises its temperature to fight infection, the raised temperature in the room will assist in improving T-cell function and the proper functioning of your immune system.
- Your nervous system function is greatly improved and messages are carried more efficiently to and from your brain.
- Metabolism improves in your digestive system and in the body's cells (that is food in the gut and nutrients in the cells).