

# HOW OFTEN SHOULD YOU DO HOT YOGA



## **Intro to Hot Yoga:**

You must have heard about “Yoga” which is a source of providing relaxation and ultimate body fitness. Yoga is a short term itself but has numerous styles for body and muscle stretch. Normally, the fitness freaks prefer to do some exercises and body stretching as performing yoga in the early morning. Many other people have also analyzed and chosen early morning as the best time to do yoga activities just after getting awake. When we talk about types and different styles of yoga, the hottest is the one that we call “Hot Yoga”. It definitely lies in the list of yoga but, has some different condition to follow which is the must. What the condition is that one would have to perform all the yoga activities including various exercises, yoga poses, and body stretching in hot and humid conditions instead of the normal. The room must be heated up to 105 Degree Celsius as the standard temperature for performing hot yoga. It drops a sensational effect on the human body as he does it. However, it is definitely a good question that how often should you do hot yoga? We will surely discuss about this further.

## **Adjusting Yourself to Hot Yoga:**

As Hot Yoga is performed in the warm conditions, it becomes a little difficult to adjust yourself properly for it. Although, the experts give multiple advises to get fit for hot yoga and perform it without any

hesitation or harm. Here are some of the cool advises that one should put into consideration when preparing for the perfect Hot Yoga.

- **Water Consumption Pre and Post Hot Yoga:**

Drinking water is very essential while taking hot yoga classes. Hot Yoga causes the human body to become ultra-warm because of its hot conditions. This results in excessive sweat that could even sometimes cause de-hydration. For perfect adjustment and balance regarding body hydration, one must drink water before the hot yoga class as well as after it.

- **Take Light Diet:**

For getting better adjustment in your hot yoga performance, it is necessary to consume a good and light diet before your Hot Yoga class. You should avoid the two major things that can absolutely cause disturbance in your Yoga flow and these are Over-eating and In-taking heavy food. The best stuffs to take in while following the Hot Yoga practices are Yogurt, Fruits, especially bananas, or even a nut bar is a healthy choice.

- **Get Rest:**

The Hot Yoga has the most favorable flexibility as one can take rest for a few minutes in between the class. What makes one get rest is the continuous exercise and the over-heating environment which makes a person drained especially in the hot weather outside. To regain momentum of the yoga, it's definitely not a big deal to take a break and go outside the class for some minutes.

## **How often to do Hot Yoga:**

Previously in this article, we assured to share about how often should you do hot yoga. It is surely the question of every beginner in this fitness plan. There are some conditions in which executing Hot Yoga can result in a lot of advantages. So let's discuss a few of them.

- **In Cold Weather:**

It is obvious that Hot Yoga has an extremely warm and heating effect on the human body. This continuous heat due to the environment as well as performing exercise causes the human body to expel a large amount of sweat, thus increasing disturbance and a greater chance to generate pauses. Moreover, if one gets classes of Hot Yoga in summer season, he faces all of these hurdles excessively without any doubt. Due to these hardships and hurdles, it is a little difficult to manage Hot Yoga in the hot weather. So, the best time that one can choose for Hot Yoga is the winter season. As the weather remains cold throughout the season, it increases the charm of doing Hot Yoga with greater comfort. You should prefer to do Hot Yoga 3 to 4 days a week in winter to stay fit.

- **When You are Over-weight:**

Are you Over-weight? Or do you feel that your weight should be a little less? Not to worry as Hot Yoga can be your best companion. There are many different exercises and poses in Hot Yoga for example, Balancing Stick Pose, Sit Ups, Cobra Pose, Locust Pose, Tortoise Pose, etc. All of these poses of Yoga when conducted in a high temperature room would definitely help in body stretch and weight loss. You must also follow the diet plan accordingly in order to lose weight. Doing Hot Yoga everyday will definitely help in a rapid loss of weight. The time slot should be between 60 to 90 minutes to gain optimal result.

- **To Get Rid of Some Diseases:**

Hot Yoga is beneficial not only to lose weight but also for getting rid of many diseases. We can consider it a good treatment for diseases such as diabetes, and cholesterol issues. The breathing poses help in reducing heart diseases, but in Hot Yoga, all of the focus is on the physical fitness and body shaping. If you are suffering from any of the above mentioned diseases, you should try Hot Yoga at least four times a week, giving minimum 30 to 40 minutes in each session.

## **How Hot Yoga is Beneficial:**

A numerous benefits are there of doing Hot Yoga. We are here to describe some of them briefly to let you know the general idea about importance of Hot Yoga. Take a look.

- **Improvement in Flexibility** – It is true that stretching warmed up muscles is more effective than stretching cold muscles. The hot environment makes it easy to do as your muscles become warm as you just enter the room. The more good you stretch your body, the more will its flexibility increase.
- **Increases Bone Density** – As the yoga poses help you support your body weight, it certainly boosts the density of your bones. It also reduces the risk of osteoporosis especially for the older ones of age above 40.
- **Reduce Depression and Stress** – Hot Yoga helps you to get relaxed and makes your mood good. The peace of mind increases through hot yoga, thus, reducing the effects of depression and stress of your mind.
- **Nourishes Your Skin** – Hot Yoga causes a lot of sweat and it is evident that the blood circulation improves due to warm temperature. The highly nutrient and oxygenated blood reaches your skin cells, making it nourishing and beautiful.

## Conclusion:

So, this was all about Hot Yoga in this article. Now, if anyone asks you that “What is Hot Yoga?” or “How often should you do hot yoga?” you can easily explain him all. Just go out there and attain maximum benefit through our tips and techniques. As you have got to know a lot about Hot Yoga, why don't you share this to the people around you?

### Written by:

Salman Abdul Rahim  
(Freelance Content Writer)

A handwritten signature in black ink, appearing to read 'Salman Abdul Rahim'.