

Ushna Yoga (Hot Yoga with Deborah) at Elysium

The room is heated to ~ 98 - 102F. Flexibility postures are favored, and the opportunity to hold postures longer is provided to enable us to sink deeply into focus and the posture. Breath and visualization are encouraged. All levels are welcome, and are reminded to honor their bodies and modify the practice if necessary.

Advantages of hot yoga are said to include: release of toxins, improvement of flexibility and range of motion, increase in the chance of weight loss, development of muscle tone, increased focus and willpower, improvement of T-cell function and proper function of the immune system, improvement in nervous system function, improvement in metabolism speeding up the breakdown of glucose and fatty acids, enhanced blood flow and peripheral circulation, better tolerance of heat, improved resolution of injury, decreased chance of injury during the practice, and decreased soreness after practice.

Hot yoga requires the practitioner to be in better physical condition and have a high tolerance for heat. It is critical to keep the body hydrated before, during and after practice with water, with noncaffeinated beverages. Along with the recommended 8 to 10 glasses of water daily, yogis practicing this form must consume enough water to replenish the body because of the extensive sweating. It is recommended that food be consumed at least a couple of hours prior to the practice. Beginners may find concentrating on learning proper form difficult in the excessive heat, and are encouraged to take other classes as well. Hot yoga is not advisable for pregnant women due to a rise in the body's core temperature to levels that may compromise the wellbeing of the baby. It is highly recommended that those with medical conditions and/or taking prescription medication consult with a medical professional before practicing hot yoga. Since heat allows one to go deeper into postures than normal, practitioners must take extra care to honor their bodies and only go to the level that is right for their body.

I, _____, acknowledge that I have read and understood the above, and that I take full responsibility for my wellbeing during hot Yoga at Elysium. I acknowledge that Elysium Health Temple LLC, Sabine Krieger, Livin Ahead, FLLLP, and Deborah Smith are not liable for any injuries or other physical issues that may originate or be exasperated from my participation in hot Yoga at Elysium. I certify that I am not pregnant to my knowledge, and if I do have physical concerns I will take the precautions recommended by the instructor, my medical professional, and my mind and body.

Signature

Date

Please list any physical concerns you have here:

Please list goals you would like to achieve through hot Yoga (optional):