

# *Yoga with Deborah at Elysium*

Yoga enhances the connection of the body, breath, mind, and spirit. Yoga practice helps us to heal ourselves physically, mentally, and emotionally. In these classes, focus on the breath and visualization are used to increase awareness of the body and enable one to go deeper, physically and mentally. All of Deborah's classes are structured as a meditative flow between breath, movement, and postures.

## **Yoga Flow**

Designed to appeal to both the beginner and the more experienced Yogi and Yogini. Variations for different levels are presented, and all are encouraged to listen to their bodies and modify or shorten postures as necessary.

## **Power Yoga**

Flow between postures with the breath. We include sun and moon salutations as well as other movements designed to engage and stretch as many muscles as possible. Get a cardio workout moving continuously and meditatively.

## **Hot Yoga**

The room is heated to about 100F. Postures that enhance flexibility are favored, and the opportunity to hold postures longer is provided. All levels are welcome, and are reminded to honor their bodies and modify the practice if necessary. Practitioners of hot yoga believe the heat extends the ability of the ligaments, tendons and muscles. Advantages are said to include: release of toxins, improvement of flexibility and range of motion, increase in the chances of weight loss, development of muscle tone, increased focus and willpower, improvement of T-cell function and proper functioning of the immune system, improvement in nervous system function, improvement in metabolism speeding up the breakdown of glucose of glucose and fatty acids, enhanced peripheral circulation, decreased chance of injury, improved resolution of injury, 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, not with caffeinated beverages. Along with the recommended eight-to-ten 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. Hot yoga is not advisable for those brand new to yoga or pregnant. Beginners may find concentrating on learning proper form difficult in the excessive heat. Expectant mothers experience a rise in the body's core temperature to levels that may compromise the wellbeing of the baby. Practitioners with medical conditions and/ or taking prescription medication are encouraged to consult with a medical professional before practicing hot yoga.