

**These 6 Benefits of Hot Yoga Will Inspire You to Get Back on Your Mat!**

* It Can Increase Your Flexibility More Than Other Forms of **Yoga**.
* It Can Detoxify Your Body.
* It Can Give You Glowing Skin.
* It Can Aid in Weight Loss.
* It May Boost Heart Health.
* It Can Boost Your Mood.

**1. IT CAN INCREASE YOUR FLEXIBILITY MORE THAN OTHER FORMS OF YOGA**

I know what you're thinking. Flexibility is an obvious benefit of all yoga, so why include this on list about hot yoga specifically? the heat expedites the stretching process beyond your body's limits at room temperature. The external heat of the class is thought to have many benefits. First, the external heat allows muscles to expand and contract to greater limits so that higher flexibility can be achieved without the risk of injury This means that hot yoga is an incredibly useful practice for athletes, trainers, dancers, or really just anyone looking to improve upon and fine-tune their flexibility. Just don't use that as an excuse to over-stretch. Just like all other forms of yoga, it's important to be mindful and gentle when it comes to your body.

**2. IT CAN DETOXIFY YOUR BODY**

The sweat from a hot yoga class is unlike a sweat from any other workout class. Not to be all gross and graphic about it, but anyone who's taken a particularly fast-paced hot yoga class knows that you reach a point where the sweat literally pours off of the body. While this can feel disconcerting and generally icky to hot yoga novices, it's something that many experienced yogis claim to crave. Why? It could be due to the detoxification process. The heat and higher energy demand causes you to sweat … A LOT.

As you sweat, you reduce water retention and sweat out a long list of toxins, chemicals, and other unwanted compounds that shouldn't be in your body.

**3. IT CAN GIVE YOU GLOWING SKIN**

Everyone knows that when you work out, you're boosting your heart rate and thus your circulation. Increased circulation means more blood cells—and oxygen—coming in contact with the skin. This means that any workout, from running to hiking to yoga and Pilates, can flush your skin and give it a natural glow. According to research, though, when you add heat to your workout, it increases circulation even more than what would result from the same workout taking place at room temperature. This might explain why some people swear that a single 45-minute hot yoga class makes their skin luminous and dewy

**4. IT CAN AID IN WEIGHT LOSS**

You might think that yoga is too slow or gentle for weight loss, but that's not so. The various poses that you are forced to hold as well as the increased heat make your heart pump and build lean muscle, which translates to some serious weight loss  
A single 45-minute session of Hot Yoga can help you burn up to 600calories, which is just as good as various other forms of cardiovascular exercise. Furthermore, the various poses involved are said to benefit your digestive system and endocrine system, which boosts your metabolic rate

**5. IT MAY BOOST HEART HEALTH**

Studies have found an association between spending prolonged periods of time in a heated environment and a reduced risk of hypertension, which is otherwise known as high blood pressure.

This is important, considering high blood pressure is associated with heart disease. While researchers haven't quite been able to explain the link between heat and healthy blood pressure, it's worth considering when it comes to a hot yoga practice.

Maybe the link between heart health and heat has to do with the restorative power of taking time out for yourself, in a heated yoga studio.

Yoga is about cultivating mindfulness, which is the practice of paying attention without judgment and with purpose

Hot yoga heightens the physical environment, which, for most, encourages us to become present and take note of our thoughts, feelings, and physical sensations.

When in the midst of a hot yoga class, you are not thinking about what's next your thinking instead of stretching a little farther, holding the pose a little longer, hot yoga is "a great way to break free from your to-do list and simply be in the now. Also, the effort being exerted by the body in the intense practice helps you ease uncontrolled energy and angst.

**6. IT CAN BOOST YOUR MOOD**

As we know from studying various forms of meditation, mindfulness can help boost mood. Those with depression may find that practicing in the heat helps to ignite their internal fire, which can cleanse and release stagnant energy and stimulate passion Prolonged sweating is a great way to boost endorphins in the brain. These chemicals also act as our body's natural pain relievers, which can be why this practice can leave so many to feel open and relaxed." Feeling calm, open, and stress-free? That's reason enough for us to return to our mats.

**Why wait any longer?**

In short, hot yoga is a great option for people looking to connect with their mind and body, just like all other forms of yoga. The difference is purely environmental. Sweat can be so sweet for many people Hot yoga can be a great option for those who love intensity and are looking for a way to break a serious sweat. It's also an interesting way to bring a sense of connection and community.

When you're in the room and experiencing something so challenging, you all emerge feeling triumphant with a 'we did it' feeling."

Just be sure you're taking the proper precautions to get the most out of the practice and enjoy without injury, our teachers are all trained to ensure you have the best possible experience.

**Come and see us at Light Centre Monument and try our £30 for two weeks introductory offer**

**You can book it here** [**http://lightcentremonument.co.uk/hotyoga/**](http://lightcentremonument.co.uk/hotyoga/)