

Does is really mean Hot Yoga?

There are a lot of yoga types and one of them is the famous hot yoga. The hot yoga is characterized by a series of yoga poses which is done in a heated room. The room where you perform the exercise is preserved at a temperature of 95-100 degrees. This kind of exercise gives off a lot of perspiration during a session because you are stuck in a heated room.

Hot yoga is advantageous because it cleanses your body and gets rid of the toxins inside your body. Since it makes your body warm, the more flexible it gets.

When doing the hot yoga, you should have some accessories like your yoga mat and towel. Since you will be sweating severely, you should have something to wipe up your sweat every other time.

Some people who practice hot yoga do not wear very thick clothes because it causes them to sweat more.

If you are going to practice hot yoga, you should be ready with your clothing. The clothes you should wear should be appropriate. You can wear shorts during the session.

Wearing of shorts allows your skin to breathe and give off heat. Students are the ones who usually wear shorts. They tend to wear small clothes because they are still vigorous and they sweat too much. If you are taking hot yoga sessions, make sure that you drink a lot of water. If you are in the class, you can also bring along your own bottle of water so that you can drink anytime you want. It is important to bring along a bottle of water so that you will not get dehydrated and so that the skin will produce more sweat. Before having a hot yoga session, you should take note that it is not advisable to eat two hours before the class starts. This is because your body is not fit for a heavy exercise.

Bikram's method is such a good yoga style. People who want to be slim can practice this type of yoga because their fats and cholesterol will be burned through sweat.

Although it burns your fats, you should not be burning all of it because you still need some. Yoga started about 2500 years ago which was founded by Patanjali. After its discovery, it was then practiced and spread around the world. Picture yourself doing Yoga when you are suffering from illness like Fever where your body temperature is at 105 deg. Fahrenheit! I bet you couldn't

stand this kind of heat. If ever you will, you have over fatigued yourself.

At the compassion of the disagreement is Choudhury's wish to put off anybody teaching yoga in a heated room from calling their class "Bikram Yoga." He would like to put to one side this title only for those teachers who are qualified by his Yoga College of India and who stick to his arranged process precisely. This has been handled upon because there are a lot of people who imitate his teachings.

Now that you have learned the difference of hot yoga among all other styles, think again if it satisfies your desired to release your sweat and excess toxins. Remember that in doing hot yoga, all your energy is taken away. If your body has not a single energy to waste, then hot yoga is not the perfect yoga style for you.