

The True 'Resolution Solution'? Defining Hot Yoga

by Tony Bishop, E-RYT

Judgment Day has arrived! That is, the yearly time of assessment which you impose upon yourself after a lot of indulgent eating, drinking and merry making during the holiday season. And, of course there is the beginning of a brand new year! A perfect opportunity for a new start. So here we are at an impasse. Do we go about our lives as if there is no open door of opportunity? (It is a door, incidentally. I don't generally go through a window as I enter an exciting venue of life-changing chances before me!)

Think health. It is time for THE resolution. The solution to all resolutions. Once you find your groove, and get yourself into an enjoyable pattern of healthy activities which will improve every corner of your life, all you need to do is keep that rhythm of change. Just make it part of your life, not just part of your resolution.

I found my resolution solution a number of years ago, and want to share with you why it wasn't just a two-month experiment which ended and left me searching and considering all kinds of other avenues.

Consider Hot Yoga. There are many great forms of physical activity which do incredible things for your body, and are perfectly fine for most people. But I felt it was a good time to define Hot Yoga as we enter the fifth year in the life of our Bowling Green studio. There have been a considerable number of people over the years who have sought to explain the phenomenon of this practice — what we do, what we believe, and even who we are — but something is usually missing: firsthand knowledge. The majority of those folks has never been here, nor ever been involved in a class of Hot Yoga. So let's get to the exciting part! Check it out: What Hot Yoga is, and what it isn't.

What Hot Yoga IS:

- Hot Yoga is hot. Heat and humidity open the body and mind in amazing ways.
- Hot Yoga is excellent for all ages, body types and fitness levels.
- It is a toning and muscle building activity which effectively sculpts the body.
- Hot Yoga is the all-inclusive activity which can accomplish the following:
 - o It detoxifies the body as it actually stimulates internal organs.
 - o It burns a tremendous amount of calories with no impact on the joints. How does 800 to 1,000 calories and more per class sound? Think healthy weight loss.
 - o Hot Yoga creates greater flexibility to help prevent injuries in everyday life.
 - o It helps maintain motivation through group involvement and encouragement.
 - o It improves lung capacity, breathing patterns and cardiovascular health.
 - o It strengthens virtually every inch of the physical body, from the inside out.

- o Improves balance and concentration.
- o Relaxation, sleep and stress relief become better than ever.
- o Hot Yoga complements every other form of activity/exercise.

What Hot Yoga is NOT:

- Hot Yoga is NOT "yoga in a sauna." The heat is moist and improves the skin.
- Hot Yoga is NOT unsafe. Proper hydration and nutrition, as with all other activities, are important for optimal health and performance.
- It is NOT just for athletes and people in great physical condition. It can help heal.
- It is NOT only for folks with great flexibility. You attain flexibility by doing it.
- It is NOT so intense that most cannot participate. We've had folks up to 89 years old involved in our classes!
- It is NOT militaristic and intimidating. Having fun is important to us.
- It does NOT seek to negate other yoga practices. You control your experience, and thus broaden your yoga horizons into myriad directions.
- Hot Yoga does NOT push you into impossible positions. Go at your own pace.
- Hot Yoga is NOT a "style" of yoga. It is a scientific approach/methodology to a great variety of styles of practice.
- It is NOT a religion. We simply practice asana (poses) and pranayama (deep breathing).

It's always good to have facts when planning your healthy New Year, and we hope to encourage you to go out there and have a good time while getting into the best shape of your life. Just remember to practice physiologically-sound exercise, and take someone with you to share encouragement and breakthroughs. Keep your options open. There are a lot of excellent programs in our area, and everyone in the wellness community, including Hot Yoga, are here to help you meet your goals. Have your happiest and healthiest year ever! God bless, and namaste!

About the author:

Tony Bishop, E-RYT/RYT/CYT, is director and chief instructor with Hot Yoga Bowling Green. He is certified in Hatha Yoga instruction, yoga teacher training, yoga personal training, PowerHouse Pilates instruction, Spinning, Sil lum Kung Fu, and is experienced in many other forms of exercise training. He is registered with the Yoga Alliance, is a graduate of Sunstone Yoga Schools teacher training programs and has some 2,500 hours of yoga teaching experience. For more information, visit hotyogabowlinggreen.com, email hotyogabg@yahoo.com, or contact Tony at (270) 793-0011, 730 Fairview Avenue, Suite C-2.

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