

## Hot Yoga in the Hot Summer?

by Tony Bishop, E-RYT



Just recently, we've enjoyed sharing Hot Yoga with a more diverse group of clients and new practitioners than ever before. From scout groups and middle school students to senior citizens desiring to discover a new avenue of fitness and wellness, we're blessed to have the opportunity to say, "Try it, and give it a real chance. You will never regret it." And yes, as we've mentioned before, having fun is very important to us. We don't just talk about having fun, we actually do. Let's take ourselves to Bowling Green "Costa Rica." Enjoy the heat all summer and begin to take your body and mind around the world and back. Then hydrate. Water, water, and more water. Your walks in the park, baseball games and days at the pool will have never felt better!

### Enjoy our **June Pause for a Pose!**

*Kapotasana (Pigeon Pose)*

Begin on a mat or thick towel, in all-fours position ("four points"). Slide the right knee to the inside of the right wrist. Take the right foot across the mat to outside the left knee. Relax. Breathing softly and relaxing consciously, gently glide the left foot straight back to complete length, then walk the elbows out, carefully floating the forehead down to the mat. Now completely relax and feel a natural, passive opening stretch virtually everywhere in the body. This is especially good for lengthening hip flexors/extensors and reducing tightness around the knees, ankles, shoulders and even the neck. Repeat other side. Excellent pose before and after walking, cycling, and any outdoor activity. Let's enjoy our summer! Until next time, 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, yoga coaching, PowerHouse Pilates instruction, Spinning, Sil lum Kung Fu, Tai Chi exercise, 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 more than 2,500 hours of yoga teaching experience. For more information, visit [hotyogabowlinggreen.com](http://hotyogabowlinggreen.com), email [hotyogabg@yahoo.com](mailto:hotyogabg@yahoo.com), or contact Tony at (270) 793-0011, 730 Fairview Ave, Suite C-2, Bowling Green.

What is the allure that has attracted so many seemingly intelligent, rational, accomplished people to a form of exercise that employs elevated heat levels, even during the natural heat of the summer?

What is all the rave about? Sweat, hard work, mental centering, energy expenditure, caloric burn, then total relaxation and a blissful feeling of accomplishment. Sounds like the formula for an all-encompassing activity with many potential benefits. And so it is. Just in case you haven't heard, or haven't gotten the memo, it's called Hot Yoga.

A first reaction is usually something like, "Well, it may be great during the cold months of winter, but during the summer, I just want to be outside in the fresh air and get my physical activity in the yard or at the park." That's a legitimate point of view, but misses the focus of Hot Yoga. Although the wonderfully heated studio feels great during the wintry below-freezing temperatures outside, it isn't simply the warming effect of the yoga room that's important. It's about waking up your body from the inside out, and acclimating your body and mind to a completely new experience.

Summer is the season. The season of heating up your life in more ways than one. Admittedly, the first few classes of Hot Yoga are the most difficult to endure. But it is so worth the time and effort, as your progress becomes natural and self-nurturing. Any aversions you may have had to summer heat begin to melt away, and your love for that very heat, and your tolerance of hot weather, begin to evolve into second nature. One begins to really thrive in higher temperatures, somewhat like the experience of moving to a tropical climate. A serene, healthy attitude of being and vigor for living replace the old anticipation of "hard and hot" with regard to one's approach.

Created with every person, every "body" and every lifestyle in mind, Hot Yoga is practiced in many locations throughout the world, many of which have hot climates year-round. These yogins have discovered the advantages of the program.

When beginning your first class, expect your mind to respond with a mild fight-or-flight stress reaction. "What do you think you're doing?" would be a fairly accurate translation. This is really different. I don't know about this. But wait... everyone is in unison and all seem to be open and calm. I am beginning to let go of some mental tension here. Now, as I feel that the warm-up is actually built into the breathing and the sequence itself, I am actually starting to have fun with all this energy from the instructor and support from everyone in the group. Did I just say "fun"? Hmm...

Yes, despite your protesting mind and body, stay with it and see how great you feel afterward. Don't make up your mind before trying several classes in close sequence. You will quickly begin to reach new levels of freedom in your body and feel very clean and clear. Hot Yoga actually safely raises the core temperature of the body. This not only facilitates the physical experience, but also creates a cleansing process from the inside out and dramatically shifts your level of energy. The natural flow of energy through the body moves freely, the breath deepens immensely, toxins are expelled, feelings are brought up and released, and the mind clears! The specialized heat improves the detoxification process and conditions the body and mind in a way that no other practice can quite reach, creating the perfect summertime health program. Flexibility and endurance increase, and the heat of the summer feels better and more refreshing — not smothering.

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# HOT YOGA

summer is the season...hot yoga is the reason

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