

HOT YOGA

A quiet studio, heated to 85 degrees, soft lighting, a small group setting and a certified yoga instructor....starting this September, Hot Yoga will be offered at LifeWorks!

Hot Yoga is a yoga class done in a very warm setting. The advantage of Hot Yoga is increased muscle flexibility and body purification. Toxins are released from the body with the warm room temperature and perspiration.

Hot Yoga is based on the style of Power Vinyasa Yoga where students move consistently from one pose to another. While moving from pose to pose, participants utilize the principles of alignment, the practice of personal awareness and the breath. Power Vinyasa yoga has become one of the most widely known and respected methods of today's yoga practices and is a way to achieve personal transformation.

At LifeWorks, a hot studio has been created where the room is warmed to 85 degrees. Classes are designed at the intermediate level and students should have a basic understanding of Vinyasa poses and positions. The small group setting will give participants the opportunity to receive personalized attention from the instructor. This challenging and flowing form of yoga will transform your body and revive your spirit.



Try Hot Yoga!

Free Intro Classes for Members Only:

Saturday, October, 22 at 10:30 – 11:00 a.m.

Saturday, October, 29 at 10:30 – 11:00 a.m.

Wednesday, October, 26 at 5:30 – 6:00 p.m.

Wednesday, November, 2 at 5:30 – 6:00 p.m.

Sign up at the service desk, limited space.

Held in small Studio E. (Adjacent to the café) Participants can only take one free intro class.