

BikramYogaAZ

Sweatiquette

Save the drama for your momma.

Your yoga practice is a time to develop awareness and presence, rushing can make this difficult. Arrive with enough time to settle in and prepare for class, and plan enough time for your practice that you don't find yourself rushing out the door. The last few minutes at the end of class are the most important.

It's not hot, you're hot!

Okay, you're right, the room is hot. This certainly presents a challenge for many beginners. For most people dizziness subsides within the first few classes. If at any point in class you become overwhelmed take a break and sit down. Stay in the room to avoid sudden changes in temperature and to help your body acclimate to the heat.

Is that your puddle?!

Clean up your sweaty tracks in the hallways and shower puddles in the bathrooms, to ensure everyone's safety in the studio. Please see the front desk for clean-up towels!

The No-No's of the Hot Room:

Cell phones, dirty feet, glass bottles, loud voices, gum, and perfume.

Have fun!

Love thy neighbor!

Get Hot!