

BODY. MIND. SPIRIT



MY HOT YOGA
yoga studio

Table of CONTENTS

03	Our Instructors
04	Yoga Benefits
05	Yoga Poses
11	Tips & Class Etiquette
12	Class Schedule & Registration
13	How to Find Us



*This booklet is not endorsed by My Hot Yoga. It was created for educational purposes only and based off the My Hot Yoga website information.

Our INSTRUCTORS



Danny, owner

I am the new owner of My Hot Yoga. I purchased the studio in 2022, and have been teaching at My Hot Yoga since 2011. I found a great marriage between my love of Iyengar yoga and my passion for hot yoga. When you attend one of my classes, you can expect to have a fun and challenging class. I try to mix in just the right amount of detail so my students have the opportunity to learn, but don't get bored. Each class is different so if there is something specific you would like to work on, just let me know.



Lyndsey

Yoga is my life to say the least! Everything I do is centered on the principles and teachings of the yogic tradition, and it is such a beautiful way to lead a life. I came to the practice suffering with anxiety issues and quickly realized yoga is how I was to heal. After studying, practicing and dabbling in teaching for some time I decided to partake in yoga teacher training I teach yoga as a way to heal mind, body, and spirit. It is an honor to assist you all in your personal journeys as I continue to explore my own. Namaste!



Amanda

I began practicing yoga in January of 2012 and quickly found my life's new passion! My passion for yoga grows every day. Taking 60 or 75 minutes for yourself can change your life physically and mentally.

Yoga BENEFITS



Hot yoga can help improve flexibility and strength, many students experience increased relaxation and the ability to cope with stressors. Hot yoga can be a very effective way of losing weight and toning muscle. The body can experience complete energy alignment (Chakra balancing) with consistent practice and proper posture (asana) alignment.

*Information from MyHotYoga.net

Improve Heart Health

Reduce Stress

Ease Arthritis Symptoms

Pain Relief

Improves Flexibility

Better Balance

How Yoga Transforms Your Body

- After years:** Lower Risk of Heart Disease, Improved Brain Function, Lower Stress Levels, Healthy Weight, Stronger Bones, Improved Sense of Balance, Lower Blood Sugar Levels in Diabetics, Relief from Chronic Back Pain, Anxiety Relief, Reduced Chronic Neck Pain, Improved Sexual Function, Increased Flexibility, Lower Blood Pressure, Improved Lung Capacity.
- After a few months:** Some yoga could be more effective in reducing pain and improving mood than standard medical treatments for chronic back problems. Some yoga programs have been found to reduce anxiety and heighten brain chemicals that combat depression and anxiety-related disorders.
- After class:** Bikram yoga — a form of yoga performed in a heated room — has been found to be effective in increasing shoulder back and hamstring flexibility. Yoga could boost arousal, desire, orgasm and general sexual satisfaction for women — and also help them become more familiar with their own bodies.

Sources: Studies by University of Illinois, University of California at Los Angeles, University of Oklahoma, Colorado State University, University of Pennsylvania, Ball State University, Harvard University, Charité University Medical Center, Baruch University, New York University, University College of Medical Sciences in New Delhi, Seoul University, Dr. Louise Robinson, Alan Klotz of the Ford Hutchinson Cancer Research Center, Integral Health Clinic in India, Biometrics Research.

*Information from MyHotYoga.net

Image Source: Greigore, Carolyn. "Look: How Yoga Changes Your Body, Starting the Day You Begin." HuffPost UK, 7 Dec. 2017. www.huffingtonpost.co.uk/entry/body-on-yoga_n_4109595.

Yoga POSES

Child's Pose (Balasana)

1. From a kneeling position, widen knees to edge of your mat
2. Bring your toes to touch, with tops of feet facing down
3. Extend arms and hands forward to extend towards the top of your mat
4. Rest your buttock on your heels
5. Keeping a long, tall spine, let your head and chest rest gently on the mat

*Blocks and bolster can be used for modification



Benefits: Relieves muscle tension, lengthens the spine, aides hip mobility



Benefits: Relaxes muscles, encourages sleep activates the nervous system

Corpse Pose (Shavasana)

1. Lying on your back, let your legs and arms rest open and away from your body
2. Palms can face up or one hand on heart and one on abdomen
3. Close your eyes and take deep steady breaths, in through the nose
4. On the exhale, release tension from the body and allow the body to relax

*THIS POSE IS CAN BE DONE AT ANY TIME YOUR BODY NEEDS TO REST

A beautiful yoga practice starts with consistency

Yoga POSES

Downward Dog (Adho Mukha Svanasana)

1. Starting in a plank pose is easiest way to make sure you have correct distance between hand and feet
2. Spread fingers tips and press through your feet and hands while raising your hips towards the ceiling
3. You should have a flat back and your body should look like an inverted V.
4. Bending your knees and lifting your heels will help relieve lower back tension

*Blocks can be used to modify pose



Benefits: Strengthens shoulders, arms, and abs. Stretches calves and hamstrings. Can help relieve chronic back pain



Benefits: Strengthens arms shoulders and low back
Creates space through lungs and chest
Helps to improve posture, especially for those who sit a desk for long periods of time

Upward Dog (Urdhva Mukha Svanasana)

1. Start facedown with your head towards the front of your mat
2. Hands should be on the mat close to your upper rib cage
3. Toes should point back with tops of feet pressed into the mat
4. Lift your body off the mat, keep the tops of your feet pressed down.
5. Relax your shoulders.

Just Breathe



Forward Fold (Uttanasana)

1. From a standing position, reach arms overhead and then sweep arms down to sides as you bend from the hip
2. Place hands on mat in front of you, or on a block if needed
3. Make sure you do not lock your knees, keep a slight bend in your knees
4. Shift your body weight to the balls of your feet.
5. Let your head hang loosely

Benefits: Stretches and lengthens hamstrings, aids in relaxation and helps with insomnia



Half Lift (Ardha Uttanasana)

1. Start from a Forward Fold position
 2. Inhale through the nose and engage your core muscles
 3. Your spine should be in a straight line
 4. Hands and arms can rest at shins
- *Blocks can be used for balance and modifications

Benefits: Lengthens spine, relieves lower back pain, strengthens neck and improves posture

Props can help with balance and keep you comfortable

Yoga POSES

Cat-Cow (Chakravakasana)

COW

Start with Cow position moving in to Cat position

1. Place hands and knees on yoga mat in table top position
2. As you inhale press chest towards the floor and let your belly drop
3. Eyes gaze forward or head lifted
4. Shoulders relaxed and move away from the ears

Benefits: Relieves stress, Improves balance and posture, helps alleviate back pain.



Cat-Cow (Chakravakasana)

CAT

1. On your exhale, round your spine
2. Tuck your tailbone, and draw your pubic bone forward
3. Gaze should be on the mat
4. Relax and breathe



*Take a Deep
Breath*

Yoga POSES

Mountain Pose (Tadasana)

1. Stand with feet hip distance apart
2. All four corners of feet should press into the yoga mat
3. Arms at the side of your body and shoulders back and away from your ears, palms facing out
4. Engage your core and thighs
5. Take several deep breaths while being mindful of elongating your body



Benefits: Good for core, improves posture, and helps with balance.

You can find strength in stillness.

Yoga POSES

Warrior I (Virabhadrasana I)

1. Stand in a lunge position, toes on back leg pointed out
2. Hands to hips, then align hips with the front of your mat
3. Upper body faces forward.
4. Slightly bend front knee, engage back hamstring
5. Raise arms over head and open the chest
6. Take a few deep breaths and repeat on other side for balance



Benefits: improves mobility in hips and shoulders, strengthens calves and hamstrings, improves balance



Benefits: Improves circulation, stretches hips and shoulders, improves balance

Warrior II (Virabhadrasana II)

1. Step one leg back and align foot with mat, keeping toes toward the long edge of the mat. The front toes point forward
2. Bend the front knee keeping it align and over your ankle. To avoid injury, keep the kneecap in line with the second or third toe
3. Rotate the front and back thighs and push the front leg forward
4. Arms raised and parallel to the mat, palms face down. Arms lengthened in one line
5. Keep the spine straight



Avoid heavy meals 2-3 hours before class.
Wear comfortable clothes.
Silence your cell phone and we prohibit phone use in the yoga room.
Arrive on time, we recommend 10 minutes early.
No children under 16 years old allowed in the yoga room and can not be left unattended in the studio.
Listen to your body.
Be respectful of others.

Tips & ETIQUETTE



MATS

Mats are needed for all classes. You can bring your own yoga mat. We also have Manduka mats for purchase and for rent. If you need guidance on what type of mat is best for class, please reach out to the studio.



WATER

We encourage everyone to bring water to rehydrate during class. We ask you bring a container that is secure but no glass containers are allowed in the studio. We only allow water in the studio; soda, tea, coffee, smoothies, etc. are not allowed in the studio. We have water for purchase if you forget your or need more.



BOLSTERS AND BLOCKS

All poses can be modified with the assistance of various props such as blocks, bolsters, straps and blankets. We have some props in the studio for free use and are available on a 'first come, first serve basis" You are welcome to bring your own props to any class.

Our CLASSES

OUR YOGA CLASSES ARE DESIGNED FOR ALL LEVELS.

Find the Perfect Class For You!

If you aren't sure, please feel free to reach out to the studio.

To find when a class is offered; please look at our schedule online



Yoga Sculpt

60 Minutes of pure sweat!

We will build strength, flexibility, and tone with fun music to pump it up! Hand weights are optional...feel free to bring your own or use ours at the studio.

Deep Stretch

Deep Stretch is a 60 minute yin yoga class consisting of postures held for an extended period of time. Yin yoga helps improve flexibility– it's a great class for men and perfect for athletes.

Aerial Yoga

This 60 minute Aerial Yoga class is performed in a yoga swing and includes many inversions and uses an immense amount of core and upper body strength.

Hot 60 & 75

Hot 60 and Hot 75 are hour hot yoga class offering a warm-up sequence, standing postures, a vinyasa flow series, & ends with cooling floor postures and final shavasana. All levels, including beginners, are welcome.

Scan here for class times and registration



"The light in me honors the light in you"

New Students
2 weeks for \$20.00

Let's get in touch



3014 E Sunshine St suite C, Springfield, MO 65804

417-888-0130

www.myhotyoga.net

Follow us on Instagram:

@myhotyoga

