
HOT YOGA
EVOLUTION



Hot Yoga for Beginners: Safe, Fun and Easy to Follow

Sculpt Your Ideal Body... Free Your True Self... Transform Your Life!

Hot Yoga Evolution features a unique series of Yoga postures and breathing exercises - the BEST energizing, anti-aging and inspiring workout EVER!

The Teachers are friendly and supportive. Non-Bikram style of Hot Yoga - the room is warm, with plenty of fresh air.

Great for beginners and people, who are "not flexible"

If you took a Yoga class before at another studio and DIDN'T like it - give us a chance! We make it FUN and keep it light - you'll love it, we promise.

Our way of teaching Hot Yoga is safe, fun, and easy for Beginners to follow.

Together, we are going to bring balance and well-being into your life. Our highly-trained Yoga teachers are skilled in explaining and demonstrating what to do and why.

You will receive the benefits of health, well-being and inner peace immediately, in a non-competitive, supportive learning environment.

Hot Yoga Evolution with Tomasz Goetel
Baan Wana Pool Villas, on the main road, Cherngtalay, Phuket

hotyogaphuket.com :: Tel: 085 889 1580

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What if I'm not flexible?

This is the most common misconception which prevents many people from starting Yoga.

Yoga is not about how flexible you are, but about strengthening your body, clearing the mind and bringing inspiration to the soul.

Limited flexibility would actually enable you to feel the stretches better and possibly enjoy the practice even more!

We will help you discover new ways of relieving stiffness of the body. The new "freedom" of the increased, pain-free range of movement will empower every area of your daily life.

We Specialize in Teaching Yoga to Beginners!

We know it can be a little intimidating to begin your journey into Yoga, so we are here to answer any questions you may have, without judgment (there are no silly questions).

Whether you want to find out if Yoga is right for you, or learn about the history or benefits of Yoga, or request an appointment at our Studio - we are here for you.

We'll be happy to listen to your needs, and guide you to a routine that will suit your personal goals.

You may email any questions to Tomasz at Tomasz@tgoetel.com
or call us at 085-889-1580

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How to get started?

Choose any "HOT YOGA" class on the schedule

To register, please arrive 15 minutes early on your first time.

(the "HOT FLOW" class might be too much for you on your first-time, but you'll be able to attend it very soon).

Come well-hydrated and NOT hungry; avoid heavy meals 3 hours prior to practice.

Wear close fitting clothing that doesn't get in the way. Sports/aerobics outfits work best.

Be prepared to sweat. No perfumes/no smoking prior to class, please.

Let your instructor know of any concerns/health issues.

Please put your phone on silent.

Smile, breathe, go slowly :) Work at your own ability and pace, no pressure :)

Expect to: sweat, work out, have FUN and FEEL GREAT! Please browse our site for the Schedule, Rates, Frequently Asked Questions (FAQ's) and Class info. You'd probably want to read our Welcome Letter before your first class.

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