



## FREQUENTLY ASKED QUESTIONS

**What is Hot Yoga?** Yoga means union of body, mind and spirit. Hot Yoga is the physical form of yoga, designed to bring balance and well-being into your life.

It is the perfect lifetime fitness program and totally different from any other kind of exercise.

The Hot Yoga exercises reach deep into the tissue, relieve tension and stress, revitalize and assist in overcoming many physical and emotional problems, such as sciatica, back problems, neck/shoulder tension, depression.

**How should I prepare for class?** Arrive at least 15 minutes before the class starts. The best outfit for a heated Yoga class: close-fitting, breathable sports-clothing.

Be prepared to sweat: you'll want to have a bottle of water handy. You will get the best results if you hydrate up and eat a light snack 1-2 hours before class.

Make sure you finish any heavy meal at least 2-3 hours before practice.

Be sure to drink plenty of water throughout the day to get your body fully hydrated. Please read our Welcome Letter before and after your first class. It is full of useful guidelines and helpful tips.

**Do I need a Yoga mat?** Yes, you might want to have your own Yoga mat - it feels clean, it's great to have one.

We offer complimentary mat and towel service, so bring your own if you like, or we will provide them.

**I'm trying to lose weight, tone my body, or improve my condition - is your Yoga right for me?** Yes. To put it simply, "fitness-oriented"-series Yoga is a great workout. The exercises in the class require strength and balance, which means as you attempt them you will be working virtually every major (and minor!) muscle group in the body.



While there are periods of rest, the poses are done one after another, which makes them an excellent aerobic workout, too! However, the classroom setting allows you to set a level of intensity that suits your style and your goals.

**I've never done Yoga before, or I'm new to doing Yoga in a heated room. Is there a beginner's class?** Beginners are always welcome at our Yoga room. Each of our classes typically has students of all levels of experience, including beginners. Be prepared to work hard, but nobody expects you to be an expert on the first day.

Your balance, strength, and flexibility will come with practice. And if you are still a bit intimidated, ask about our Private Yoga sessions.

**I've heard of several different kinds of Yoga. What style do you offer?** We offer a series based on the Barkan Method Hot Yoga, which comes from a Hot Yoga guru, Jimmy Barkan of Florida, USA. We heat the room lightly and perform a set sequence of postures. Our approach to Hot Yoga is called the "Hot Yoga Evolution". Please refer to the HOT YOGA section of our website for more detailed information.

**What differentiates The Barkan Method and Hot Yoga Evolution from Bikram or other forms of Hot Yoga?** The Barkan Method is built on many of the poses and philosophies introduced by Bikram Choudhury and Bishnu Ghosh. However, we incorporate different variations designed for the practitioners of all abilities to be able to experience the full benefits of the workout. Hot Yoga Evolution approach is fun and contemporary, the room is lightly heated, with plenty of fresh air-flow.

**Did you say "Bikram"? Will I get yelled at?** Absolutely not. Yelling, threats or strict discipline are NOT a part of our teaching method. Your instructor is here to teach, encourage and motivate you. Intimidation and hostility work against our principles.

**Why should Yoga be done in a heated room?** Heating the room facilitates a deeper release, reduces the chance of injury, and stimulates the circulatory system. For students who have never practiced Hot Yoga, the heat can be daunting at first, but you will find that this perception quickly changes. In fact, the heat is something you will look forward to, because it contributes to the overall experience and you will

Hot Yoga Evolution with Tomasz Goetel  
On the main road, at Baan Wana Pool Villas, Cherngtalay, Phuket  
Tel: 085 889 1580  
[www.hotyogaphuket.com](http://www.hotyogaphuket.com)



actually be able to feel it help your body. Also, as you know, Yoga comes from India and that's a really hot country! :)

**How often should I practice?** There are no set rules for how often to practice. Our Yoga series are an excellent path to physical fitness for busy people because you can realize many benefits from practicing 2 or 3 times a week. If you are looking to make a real impact on your body in terms of your conditioning, strength, muscle tone or weight-control, you should consider coming 4 or 5 times a week. As a new student you should try to give yourself as much opportunity to practice as possible. Unlike sports and other types of exercise, Yoga does not require day's rest in-between practice sessions.

**I can barely touch my toes, will I be able to do all the positions?** Like any other form of exercise, you will gradually build the strength and flexibility required to do the poses. When you are starting out, we encourage you to simply do your best. Rest assured that the next time you practice you will notice improvement.

**I'm self-conscious about my body. Is doing poses in a classroom setting among other students going to make me feel uncomfortable?** Probably a little bit, yes. But only for a short time at the beginning, as you will quickly discover that you will be in a state of intense concentration on doing the poses correctly. The same is true for everyone in the room - they will be intently focused on themselves and the instructor's direction. If you prefer to avoid the initial discomfort all together, please ask about the Private Yoga.

**What happens during a class?** Our classes are 90, 75 or 60 minutes long. Each session is led by an experienced instructor who is there to help you get the most out of your session. You will likely find students of all ages and levels of experience in your class as the instructor guides you all through the series of poses by giving clear and complete explanations, some demonstration and light/gentle hands-on corrections.



**Is it hard?** Yes. Yoga is challenging in many ways; you are learning to acquire a balance of strength, flexibility and concentration. In the beginning, you will be challenged by the poses simply because you are learning a combination of unfamiliar movements. As you gain experience, you will find that you will want to challenge yourself and strive toward perfecting each of the exercises.

**I have a Yoga video at home. Is your Yoga similar to that?** No. The specific sequence of poses in each series and the heated room are unique to our style of Yoga. These factors are very important to the overall experience. Additionally, the presence of an experienced instructor is an invaluable part of your practice because the poses require specific instructions and corrections.

**Isn't Yoga chanting, bells and meditation? And what about Yoga philosophy?**

Chanting and meditation are not a part of our series. In the Hot Yoga Evolution-style, we do not subscribe to any particular dogma or philosophical point of view. We offer a light, contemporary approach that promotes a healthy, conscious lifestyle. However, the balance between flexibility, strength and concentration required in fitness-styles of Yoga can become a very meditative experience.

**I've tried Yoga before and didn't like it. Why should I try your Yoga?** The Hot Yoga Evolution is probably unlike any Yoga you've experienced before. Our system builds on thousands of years of knowledge and practice, but is completely modern in nature and designed for today's busy professionals. We understand you want to make the most of your limited time, and our focus is on giving you the most effective, total body experience available in a Yoga practice. Our students tell us they've lost weight, reduced or eliminated chronic pain, and completely changed their lives.