



Feel like a boss in your first Yoga class

Hi There!

Thanks for visiting our site, now its time to come see us in person! We want to make sure you have the best first class ever at Hot House Yoga, so here are our top FIVE tips to make you feel like a boss!

Hydrate

Yes, yes, we keep mentioning this all over the place - but hydration is SUPER important! AND, the most common thing that happens is you'll forget to drink extra water & then try to chug a gallon while you are driving to the studio. Trust us, that doesn't work!

Try this instead, have a couple extra bottles on hand & set a couple of alarms on your phone the day before & the day of your class. Every time the alarm goes off, drink some water! Try to get an extra liter (or two!) down in the 24 hours before your class starts.

Get here early

Try to arrive at least 15 minutes before your class starts, so we have time to show you around & tell you everything you need to know...key things like where the bathrooms are, how to work the water fountain, the best kombucha flavor, etc. Also, you'll have time to tell the teacher your whole life story! Well, maybe not the whole thing, but definitely talk to us about any injuries, conditions or concerns that you have before class starts.

Bring a buddy

You already know you need to bring a mat, towel & water, but a buddy might be the best thing you can bring! Having a partner in crime will make your first class a lot more fun AND having a workout buddy is proven to positively impact your workout frequency & consistency (...ahem, that means better results!)

Don't have a buddy brave enough to try this with you? Let us introduce you to some of our regulars before class starts.... they love getting to know the newbies & may have some killer tips of their own to share.

Get a good spot in the room

All the spots in the room are good, but BEST spots for beginners are a little bit toward the back of the room (so you can see some folks in front of you); and close to one of the doors (so you'll be the first to get a cool breeze when you need it). The front desk team or your teacher will be happy to help find the best spot for you. Hand us your mat & towel and we'll get you set up (and we're not scared to kick other people out of the way just for you!).

Be proud of yourself

Taking your first Hot Yoga or Hot Pilates class is a HUGE DEAL! Doesn't matter if you rocked it out or if you had to take a million breaks. You did it & you can do it again!

Post a sweaty selfie or grab one with your teacher or your new yoga buddy & let everyone know about the amazing thing you just did. Sweaty pics are guaranteed to get a bunch of likes (and be sure to tag us so we can tell the world how awesome you are too!).

...oh, and one more tip (this is the best one)

Come back tomorrow!