

# HOMEBODY'S GUIDE to Prepping Your Home for Hot Yoga



## CREATE HEAT & HUMIDITY



**Adding heat & humidity to your yoga will improve circulation, and keep you warm for safer stretching, among other benefits!**

We recommend a ceramic space heater, for safety and energy efficiency. Choose a well-sealed yoga room to minimize heat loss-- stuff a rolled towel under the door to stop any drafts. Plug in a "warm mist" room humidifier-- if practicing in a bathroom you can also run the shower to add humidity. Turn heat & humidifier on about 30 minutes before you begin. No heat? No problem. Wearing a couple layers of warm clothes will help.

## SET UP YOUR STUFF



**Nice things to have are: yoga mat, bath towel and a full-length mirror.**

(However, all you *really* need to do yoga is a spine and your breath-- so *don't fret* if you don't have all the fancy gear. You can still do yoga!)

To figure out if your space is big enough, stand with your feet as wide apart as possible and arms stretched out to the sides as far as you can. This will give you a good idea if you have enough room-- but if you don't have a space this big? Just do your best. Put your towel on top of your mat. Set up your mirror in front of your mat so you can have a clear view of yourself. Put your water somewhere you can reach it easily.

## GET TECHNICAL



**Download Zoom to join live classes. Get a good speaker so you can hear.**

If you're joining a live class via Zoom, arrange your phone or laptop on a tripod or shelf in a way that allows your camera to show the best (most accurate) view of your form to the teacher, so that individual cues or encouragement can be offered! (You may also need to move your camera again when the floor postures begin.) If you are using a class audio recording (or taking a Zoom class with no camera) put your phone/laptop anywhere you darn well please!) Make sure all your devices are connected how you want 'em, 5 minutes before class, so you can forget about them, and enjoy your practice!

**Find more tips & online classes @ [HomeHotYoga.com](https://HomeHotYoga.com)**