

PROHIBITIONS / PRECAUTIONS FOR HOT YOGA

Exercising in hot temperatures can put stress on the cardiovascular system. Hot Yoga is therefore *not* recommended for:

- pregnant women
- elderly people or children
- people with chronic disease or who have suffered heat strokes/heat stress in the past
- people with cardiovascular disease, including aneurism, angina, atherosclerosis, congenital heart disease, high blood pressure, stroke, etc.
- people who have alcohol or stimulant drugs in their systems (e.g., amphetamines, cocaine)

Some prescription medications like cardiac drugs, beta-blockers and anticholinergic or antimuscarinics medications (prescribed for Parkinson's Disease or to reduce the side effects of certain anti-psychotic drugs) may interfere with the body's heat loss mechanisms, making those who use them more susceptible to heat illness.

PLEASE CHECK WITH YOUR GP IF YOU HAVE ANY HEALTH CONCERNS OR QUESTIONS ABOUT YOUR PRESCRIBED MEDICATION.

ACTIVITY IN A HOT ENVIRONMENT MUST BE DISCONTINUED WHEN SYMPTOMS OF HEAT STRESS OCCUR, INCLUDING:

- a feeling of sudden and severe fatigue
- nausea and/or dizziness
- lightheadedness or fainting
- a cessation of sweating accompanied by dry, hot skin
- a period of inexplicable irritability, malaise, or flu-like symptoms

To avoid heat stress, Hot Yoga uses a process of acclimatising the body to higher temperatures over a period of several weeks. The gradual increase in temperature will improve one's ability to handle thermal stress and will make the sweat glands more efficient.

In the heated room, one's body needs an adequate amount of water (nearly twice the recommended daily amount) to allow perspiration to release heat from the body. This guideline can be overlooked by students, leading to ill effects within the classroom.

The World Health Organisation recommends the average female requires 2.2 litres of water/ average male 2.9 litres of water a day, but during heavy activity in warm temperatures, the water requirement increases to about 4.5 litres for both men and women.

Be sure to drink lots of water *before* coming to class and have a bottle of water nearby to sip throughout the class.

If you feel dizzy or nauseated, stop the practice and adopt the 'child pose'. A small, hard sweetie might help to alleviate nausea, but remove the sweetie before resuming exercise. If nausea persists over several sessions, it might be helpful to take salt and potassium tablets before the class.

Please bring water, your own yoga mat, a hand towel and a 6' long towel to put on top of your mat – the skidless 'Yogitoes' towels are really good for preventing slipping.

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Registered Charity No. 1124347

Your Name Printed: _____ Class: _____

Emergency Contact No. _____

PERSONAL HISTORY FOR HOT YOGA CLASSES

Information from this page is confidential and will not be stored electronically.

Have you studied yoga before? Please give details of how long, what style of yoga?

Why have you come to learn Hot Yoga, and what do you hope to gain from it?

Please circle those medical conditions which may have affected you.

Recent Surgery

Arthritis

Slipped Disc or Spine Problems

Diabetes

Ear Problems

Sleep disturbances

High Blood Pressure

M.E. (Chronic Fatigue Syndrome)

Asthma or Lung Problems

Epilepsy, Seizures, Convulsions

Problems with Balance

Depression

Low Blood Pressure

Chronic Headaches

Cardiovascular Problems

Cancer

Recent Childbirth

Anxiety

Please give details of any of the above which you have circled, or any other health issues, which you feel may have some bearing on your yoga practice. Attach another page if necessary.

Do you smoke? _____ How many per day? _____ Drink alcohol? _____ How much? _____

Please list medications you take that may have some bearing on your yoga practice including those mentioned on the reverse:

How did you hear about us? _____

I have read the reverse side of this form and confirm that I do not have any of the contra-indications listed for Hot Yoga. I have checked with my GP about any personal health concerns I have had and confirm that I am in good physical health. I will follow the instructions given to me by my instructor -- any derivation will be at my own risk. I will not hold Yorkshire Yoga, its trustees, employees or instructors responsible for any injuries suffered by me caused whole or in part by my failure to follow the instructions of my teacher or by any physical impairment of mine not fully disclosed to you in writing.

Your Signature: _____ Date: _____

Privacy Statement: We will use customer data only for legitimate business purposes. You have a right to see personal information held in our files, upon written request. We obtain information about you only by direct means (when you submit enquiries). When you submit enquiries to Yorkshire Yoga you are agreeing to the use of your personal information for the following purposes: 1) to fulfill our agreement with you, including processing and obtaining payment; 2) to inform you (by mail, telephone, email or otherwise) about our services which we consider may be of interest to you; 3) for fraud prevention and detection. We will not give or sell your details to anybody or any company.