



# Hot Yoga

**HOT**  
**YOGA**  
with Harry

Bikram sequence of 26 hatha yoga postures and 2 breathing exercises. Ideal for new and experienced students alike.

- This class is suitable for complete beginners and experienced yogis alike; each posture has an entry level to it and then increased depth is found over time with regular practice.
- Classes are practiced in a moderate heat that allows the body to open and stretch more deeply and safely. Hot enough to limber but not too hot to hinder!
- 60 minute classes, held in Market Harborough on Mondays, Wednesdays and Thursdays.

## Benefits of Hot Yoga:

- Cardiovascular fitness.
- Focus and mental clarity.
- Weight loss.
- Complementary to all other sports & training programs.
- Strength and flexibility.
- Hormonal balance (including menopausal symptoms).
- Detoxification.
- Anxiety and depression support.
- Arthritis support.
- Sports injuries.
- Diabetes management.

## For further information contact Harry:

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