

## Lights down, heat up for a great workout

By Kirsty Kernohan

The rising tropical warmth is a great juxtaposition to the frigid temperatures outside. I am nervously perched on my yoga mat waiting for the class to start; I have not done any yoga in three years since I was pregnant with my daughter.

Hot power yoga is a vigorous and empowering class practiced in a room heated to 30 degrees to increase detoxification and depth. It certainly did that for me.

Any nervousness is completely gone as the teacher tells me to take it at my own pace, that the moves are about me and my level of comfort. As we started the 90-minute class, I felt calm, serene and the worries of the day melted away. I left feeling really good about my accomplishment; I didn't get every pose on the first try, but my teacher provided correction. It was a great workout for my mind and body – and the neck massage at the end was the best!

I was comfortably sweaty during the class, and never felt like I was overexerting myself – you don't have to be the world's best yoga student to take this class, which I really liked. It's not about what everybody else in the class can do, but about your level.

I am now happily adding yoga to my life a few times a week to help stay healthy, happy and grounded.

Namaste.

\$16 at Balanced Life Yoga

