

BURNIN' HOT' YOGA

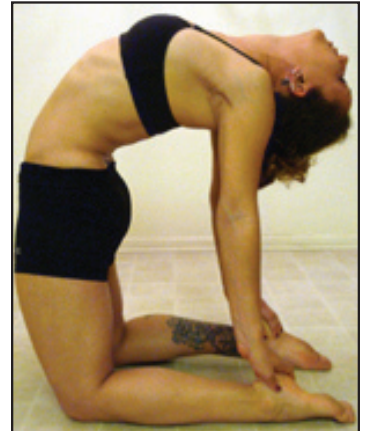
...Village Style

Bring:
Your Own Mat
A Beach Towel
A Face Towel
WATER!!!

Be prepared
to
S-W-E-A-T
and DETOX!

It's time to **BURN** some calories!

Burnin' Hot Yoga utilizes a heated room for the practice of Hatha yoga. The difference between traditional Hatha styles and Hot Yoga is temperature of the studio, which is set between 90° to 100°F. Our 75 minute routine moves fresh, oxygenated blood to each organ and muscle fiber and therefore restores healthy conditions. Heat relaxes muscles, significantly increases flexibility and prevents injury, produces a deep detox sweat and promotes caloric burn. Class techniques and asanas (postures) of Hot Yoga vary with the particular teacher's personal style. Its a GREAT workout.



****BRING A BIG TOWEL TO COVER YOUR MAT,
A SMALL FACE TOWEL, AND PLENTY OF WATER.**

**Tuesday Evenings-9:00 -10:15 pm and
Saturdays 10:30-11:45 am beginning on July 3rd.**



AT THE VILLAGE®
Yoga at the Village
1306 Sonora Ave.
Glendale, CA 91201
818-265-9833
yogaatthevillage.com



Lindsey began practicing yoga out of curiosity. She continues to practice because she loves the challenge and the bonus of self-discovery. After witnessing first hand, how a dedicated practice can transform the body, mind, and soul, she realized the need to share this gift of yoga with others. While her practice is mostly in Bikram yoga, Lindsey completed her Hatha yoga teacher training at Yoga at the Village to expand her options, through this training, became registered with Yoga Alliance. Lindsey teaches in the heat with ambition and vigor, focusing on strength and the integration of body, mind, and breath. She firmly believes that if you can "keep your cool" while practicing in a hot class, you can handle anything life throws at you.