



Sauna Yoga - Half-hour Holiday for the Mind, Repair Shop for the Body

Sauna Yoga is practised seated on a sauna bench in a mild temperature of 50 to 55 °C. It is a silent workout in a silent space. By combining the pampering heat of the sauna with gentle exercise, Sauna Yoga effectively relieves tensions in the body and calms the mind.

A Sauna Yoga sequence is a 30-minute exercise that consists of six poses. These so called sauna asanas work to strengthen the core and the lower body muscles, to increase the flexibility of the spine and the hips and to stretch the gluteal and back muscles. In addition, Sauna Yoga increases metabolism, reduces stress and facilitates the onset of sleep.

Sauna Yoga is suitable for everyone regardless of age, size, gender or level of fitness and practicing it requires no previous yoga training experience.

Benefits of Sauna Yoga

Muscles: A Sauna Yoga sequence includes both strengthening and stretching asanas. The strengthening asanas improve the whole body muscle tone, whereas the mild heat enables the muscles to stretch effectively yet gently.

Spine and joints: Sauna Yoga is a great counterbalance for the hours spent in the office, as the poses improve the movement of the spine, as well as increase the mobility of the shoulder, hip and knee joints.

Body maintenance: The warmth of the sauna and the yoga-based poses speed up recovery after physical exertion and help to prevent injuries. The poses also improve balance and coordination.

Stress relief: Sauna Yoga relaxes the mind, improves concentration and guides us towards a less performance-oriented mindset. All these factors help to alleviate the symptoms associated with stress and enhance the feeling of being in the present.

Quality of sleep: Sauna Yoga also goes by the name “sleep workshop for adults” as it effectively facilitates the onset of sleep and improves the quality of sleep.

