



SAUNA
YOGA

WHAT IS SAUNA YOGA?

- “A half-hour holiday & sleep workshop for adults”
- Sauna Yoga is practised sitting down on wooden benches in approximately 50 degrees Celsius (122°F)
- A Sauna Yoga session lasts for roughly 30 minutes and comprises a series of six poses that are practiced under instruction
- Sauna Yoga is an all-encompassing exercise for the body and the mind and has a deep relaxing effect with an additional benefit of increased metabolism and the removal of toxins

WHO CAN PRACTISE IT?

Sauna Yoga is an ideal workout for anyone regardless of age, size or level of fitness and requires no previous yoga training experience.

PRACTICAL INFO FOR PARTICIPANTS:

- Arrive early (at least 5 minutes before the start of the session)
- A swimming costume or short sleeved/legged garments are most suitable
- Do not apply moisturiser or other creams on your skin before the session
- It is also advisable to remove any make-up
- Take off any jewellery that might overheat before entering the sauna
- Tie back long hair before you start (e.g. ponytail or bun)
- Take a small towel and a drinking bottle with you
- Remember to drink plenty of water before and after the session

PRACTICAL INFO FOR SAUNAS:

- Please ensure the right temperature (not to exceed 60°C/140°F)
- If possible, cover the benches with towels
- Make sure all participants have drinking bottles with them
- The sauna is to be cleaned daily if Sauna Yoga has been scheduled