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Thu, 11 Oct 2018 00:40:00 GMT - Hot yoga refers to yoga exercises performed under hot and humid conditions. "Hot yoga" is used to describe any yoga or yoga-inspired fitness styles that use heat. Hot yoga typically leads to profuse sweating. The purpose for the heat in hot yoga varies depending on the practice or the individual.

Hot yoga - Wikipedia -

Mon, 24 Sep 2018 14:07:00 GMT - If you are recovering from an injury or have a special need, please inform the instructor prior to class, as it will help him/her to better guide you.

Greenwood Athletic and Tennis Club Yoga Schedule -

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