



**HOT YOGA**  
ELITE  
FITNESS

# Contraindications

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## Contraindications – The ‘Do’s and ‘Don’ts’

In all situations, hydration is a requirement for Hot Yoga. Drinking lots of water both before and after class is a must, or it could result in fainting and medical complications including overheating! Do not apply body lotion to your body prior to class. In the rare event that you experience pain and/or discomfort, immediately discontinue class

## Medications

Individuals who are using prescription drugs should seek the advice of their Doctor or a pharmacist for possible changes in the drugs' effects when the body is exposed to high levels of heat and/or elevated body temperature. Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over-the-counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

## Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. Consult with a child's Doctor before coming to class. The child's parent or loco parentis must also do the class and take full responsibility for the child should any health problem occur.

## The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

## Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension, hypotension, congestive heart failure, or impaired coronary circulation) or those who are taking medications which might affect blood pressure should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow due to the body's effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by 30 beats per minute for each degree of increase in core body temperature.

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### **Alcohol / Alcohol Abuse**

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment. Therefore this person may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

### **Chronic Conditions/Diseases**

Any conditions that are associated with reduced ability to perspire: Parkinson's, multiple sclerosis, central nervous system tumours, and diabetes with neuropathy are conditions that are associated with impaired sweating.

### **Other Conditions Hot Yoga is not suited to**

Hot Yoga should be avoided by anyone who is predisposed to bleeding, Haemophiliacs.

### **An individual that has a fever should not come to class**

### **Pregnant women**

You should consult a Doctor before starting Hot Yoga because fetal damage can occur with a certain elevated body temperature. The first trimester should be treated very carefully as maximal stretching of ligaments and tendons can mean you are partial to overstretching.

### **Menstruation**

Heating of the lower back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle, whereas others simply choose to avoid Hot Yoga at that time of the month, it is a personal choice. Inversions should not be practiced during these weeks as blood flow is reversed unnaturally.

### **Joint Injury**

If you have a recent acute joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

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### Enclosed Infections

Vigorous heating is strictly contraindicated in cases of enclosed infections, be they dental, in joints, or in any other tissues.

### Terms & Conditions

It is assumed that when starting the Hot Yoga, you have taken responsibility for these essential Terms & Conditions and contraindications prior to class. Failure to do so, or failure to discuss with your Doctor is wholly your liability to participate and not the liability of the teacher or the facility, Elite Fitness Ltd.

### Post Class Advice

You might feel euphoric after class and full of life! Great news, don't be concerned this may last for several hours afterwards!

Like any exercise, different muscles that have been neglected and suddenly re-used may experience discomfort. View this as a positive sign that every muscles is awakening to the joy of your yoga practice!

You may experience sickness, headaches or light headedness after class, overnight or into the next day. You could be dehydrated and need lots of water onboard! Always ensure relaxing breathing throughout the sequence to optimise oxygenation of the body.

You may look red or blotchy or have hot flushes. All of these are common signs of flushing out toxins. Make sure you wash thoroughly after class.

