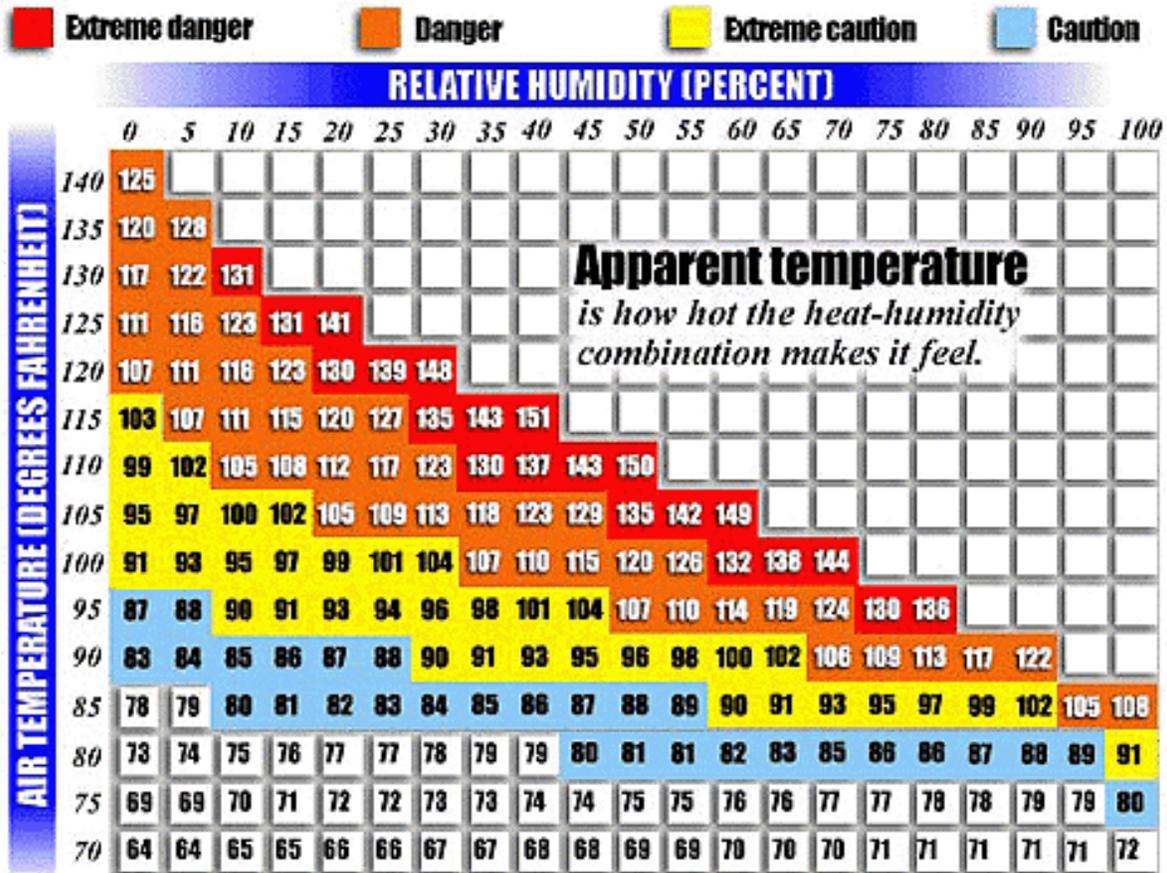


**Why is vinyasa yoga practiced in a heated room?** Heat brings blood flow to the muscles and supports the stretching aspect of the practice. We work with internal heat and external heat. External heat from a heater on the roof is added to support the primary sources of heat happening from the movement of your body and deeper breathing in vinyasa yoga class. Balancing your heat is necessary for supporting thermoregulation, the body's ability to keep its' temperature within safe boundaries. You'll find our class temps in the blue zone or below. *The National Weather Service recommends using this heat Index for practicing safely for outdoor fitness activities, so why not indoor activities where heat is used?*



**What is the Heat Index?** *The heat index (HI), which was created by a meteorologist and adopted into use by the national Weather Service in 1979, is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature — how hot it feels, termed the felt air temperature. The human body normally cools itself by perspiration, or sweating, which evaporates and carries heat away from the body. However, when the relative humidity is high, the evaporation rate is reduced, so heat is removed from the body at a lower rate causing it to retain more heat than it would in dry air. Measurements have been taken based on subjective descriptions of how hot subjects feel for a given temperature and humidity, allowing an index to be made which relates one temperature and humidity combination to another at a higher temperature in drier air. The Heat Index figures are based on temperature measurements taken in the shade and not the sun, so extra care must be taken while in the sun. Heat is the number one weather-related killer in the United States. The National Weather Service statistical data shows that heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes combined. The heat index figures above are based on temperature measurements taken in the shade and not the sun, so extra care must be taken while in the sun.~ National Weather Service*

*This poster is provided free of charge to yoga teachers who wish to educate and empower their students about the benefits, truths & myths regarding heated yoga classes. For more information about visit **Sweet Heat Yoga** at [www.sweetheatyoga.com](http://www.sweetheatyoga.com)*