



HOT YOGA
PASADENA

HOW HOT
YOGA
CHANGES LIVES

AUTHORED BY VAL SKLAR ROBINSON

HOT YOGA IS MAGIC...

I'M LIVING PROOF

Hello, my name is Val Sklar Robinson.
I'm the owner of Hot Yoga Pasadena.

I'm writing to you today to share my story of healing and fitness. I'm hoping that this story will inspire you and prove to you that Hot Yoga can help you and provide a foundation for healing pain, improving cardio fitness, stress relief and better sleep, even when doctors and others have given up on you. Consistent practice of Hot Yoga can make you the healthiest you've ever been.

First I'd like to tell you a little more about myself. I discovered Bikram Hot Yoga when I was 27 years old after months of discomfort from degenerative arthritis in my right hip joint (caused by a broken hip at the age of 13).

YogiVal.com



My Orthopedist told me there was nothing that would improve my condition. His prognosis was joint deterioration until the pain became unbearable, leading to an inevitable hip replacement within 3-5 years. This of course had me very depressed, but after I was done grieving this prognosis, I decided that I would find a way to prove him wrong...

That's when I tried my first Bikram Hot Yoga class. After six months of regular practice, my joint pain improved as long as I stayed consistent with my practice. I became so overwhelmed with the healing power of Bikram Hot Yoga that I gave up my corporate career to become a certified Bikram teacher. I subsequently opened Bikram Yoga Pasadena (now Hot Yoga Pasadena), in November 1998.

I'm so very grateful that Bikram Hot Yoga started me on a journey of health and wellness by sustaining my body, mind and spirit for the last 18 years. The yoga was invaluable during two pregnancies and the challenges of caring for two small children. Hot Yoga enhances all aspects of my life, and I am as passionate about the life-changing benefits now as I was when I started in 1996. It can do the same for you, no matter what your current fitness level, as long as you are willing to come and try.



HOT YOGA CAN DO SO MUCH FOR YOU:

- End Chronic Pain
- Dramatically Increase Energy Levels
- Reduce Fat + Improve Lean Muscle Mass
- Reduce Stress
- Revitalize Self-Confidence

I know it sounds too good to be true, but it isn't. Hot Yoga Pasadena can revolutionize your health, and I want you to give it a shot. Don't just take my word for it, flip to page 14 to read what our clients are saying or visit www.hotyogapasadena.com.

To your health,
Val Sklar Robinson



WHO CAN BENEFIT FROM HOT YOGA?

Prepare yourself right now, Hot Yoga is going to change your life! It's practiced in a heated room to open your body, drive a deeper stretch and improve flexibility while preventing injury and assisting in detoxifying your body. Hot Yoga consists of twenty-six poses and two breathing exercises.

Is Hot Yoga Good for Me?

Hot Yoga is a challenging, exciting and effective workout, designed to work the whole body from the inside out. Every muscle, joint, ligament, tendon and organ in the body can receive benefits from this class. Whether you are looking for a great workout, or to reduce the symptoms of a long-term or new injury, this is the class for you! This class helps you feel better, allowing you to take care of your health, so you can lead the life you are meant to lead.

Is Hot Yoga Good for Beginners?

The heat may be challenging at first, however after a few classes it becomes a warm and welcoming sensation. Hot Yoga is a great place for all practitioners, beginners as well as advanced, to improve strength, flexibility and balance – just remember to stay hydrated before and replenishes your electrolytes before and after class.



| INTRODUCING

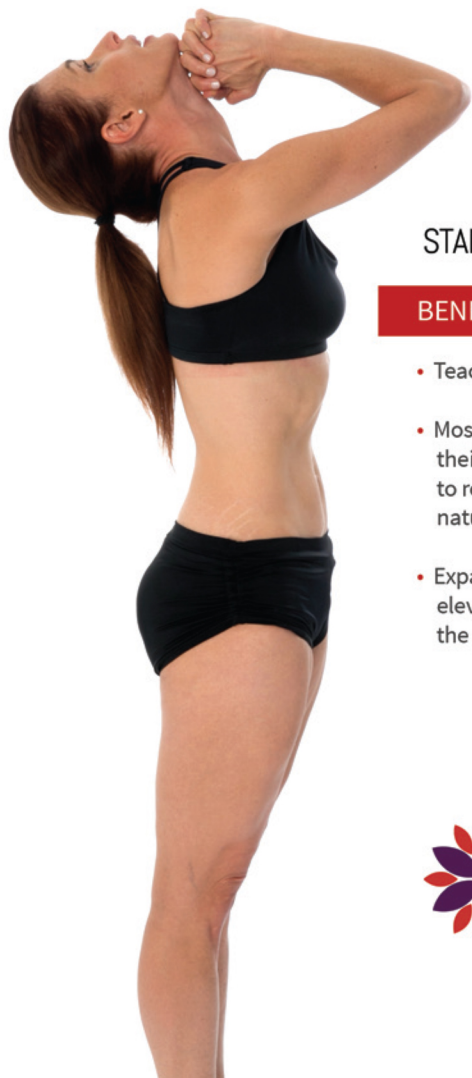
26

POSES
+ 2 BREATHING
EXERCISES OF
HOT YOGA



| COBRA POSE

THE 26 POSES AND 2 BREATHING EXERCISES OF HOT YOGA



STANDING DEEP BREATHING

BENEFITS:

- Teaches you to use 100 percent of your lungs
- Most people use only a small percentage of their lung capacity, never allowing the lungs to reach the maximum expansion that nature intended
- Expands the lungs and increases circulation, elevating your core temperature and preparing the muscles for exercise



1+2 | HALF-MOON POSE WITH HANDS TO FEET POSE

- Firms and trims the waistline, hips, abdomen, buttocks, and thighs.
- Improves and strengthens every muscle in the central part of the body, especially the abdomen
- Increases flexibility of the spine
- Increases flexibility and strength of the rectus abdominis, latissimus dorsi, oblique, deltoid, and trapezius muscles



3 | AWKWARD POSE



- Strengthens and firms all muscles of upper and lower legs, and hips, also improves hip mobility
- Strengthens and tones the upper arms, shoulders and abdomen.
- Increases blood circulation in the knees and ankle joints
- Heats and energizes the body
- Improves flexibility of the hips, knees and ankle joints

4 | EAGLE POSE



- Supplies fresh blood to the sexual organs and the kidneys,
- Firms the calves, thighs, hips, abdomen, and upper arms.
- Improves the flexibility all the major joints in the skeletal system



5 | STANDING HEAD TO KNEE POSE

- Helps develop concentration, patience, and determination
- Improves balance and the flexibility of the sciatic nerves
- Tightens abdominal and thigh muscles
- Strengthens all the leg muscles, in addition to the deltoid, trapezius, latissimus dorsi, and scapula

6 | STANDING BOW PULLING POSE

- Improves mental determination, concentration and develops balance
- Tightens abdominal and thigh muscles
- Tightens arms, hips, and buttocks
- Improves posture, while increasing elasticity of the rib cage and the lungs
- Improves flexibility strength of the spine, legs, hips and shoulders



9 | TRIANGLE POSE

- Works every muscle, joint, tendon, and internal organ in the body
- Revitalizes nerves, veins, and tissues
- Improves posture
- Firms the thighs and hips, slims the waistline, and improves the deltoid, trapezius, scapula, and latissimus muscles
- Benefits the heart and lungs, forcing them to work together



7 | BALANCING STICK POSE

- Perfects control and balance
- Firms hips, buttocks, and upper thighs, as well as providing many of the same benefits for the legs as in Standing Head to Knee
- Strengthens the cardiovascular system
- Increases blood flow to the heart and brain
- Excellent for poor posture
- Improves flexibility, strength, and muscle tone of shoulders, upper arms, spine, and hip joints



10 | STANDING SEPARATE LEG HEAD TO KNEE POSE

- Trims the abdomen, waistline, hips, buttocks and thighs
- Massages and compresses the thyroid gland, which helps to regulate metabolism and the immune system



8 | STANDING SEPARATE LEG STRETCHING POSE

- Improves and helps alleviate sciatica by stretching the sciatic nerves in the muscles of the back of the legs
- Improves flexibility in the pelvis, ankles, hip joints, and especially the last five vertebrae of the spine



11 | TREE POSE

- Improves posture, patience and balance
- Increases the flexibility of the ankles, knees, and hip joints
- By strengthening the internal oblique muscles, it helps prevent hernia



12 | TOE STAND POSE

- Develops excellent balance, concentration and patience





13 | DEAD BODY POSE

- Dead body pose returns blood circulation to normal
- Teaches complete relaxation



14 | WIND REMOVING POSE

- Improves digestion, the source of most chronic abdominal discomforts
- Improves the flexibility of the hip joints and firms the abdomen, thighs, and hips

15 | SIT UP POSE

- Strengthens the abdomen and hip flexors
- Increases flexibility of the spine

16 | COBRA POSE

- Increases spinal strength and flexibility, helps prevent lower back pain, and helps cure lumbago, rheumatism and arthritis of the spine
- Helps Improve posture
- Strengthens the deltoids, trapezius and triceps



17 | LOCUST POSE

- Strengthens the upper back, arms, fingers, hamstrings and calves
- Helps back or spinal problems such as slipped disc and sciatica
- Helps tennis elbow and is also excellent for toning the buttocks and hip rotators



18 | FULL LOCUST POSE

- Same therapeutic value as the Cobra Pose and the same upper-body benefits as the Standing Bow Pulling
- Strengthens the middle back, upper arms, hips, and hamstrings



19 | BOW POSE

- Helps straighten rounded spines, relieves backaches, and improves kyphotic upper body posture (rounded shoulders) opening the rib cage and strengthening the upper back, permitting maximum expansion of the lungs and increased oxygen intake
- Revitalizes all spinal nerves by increasing the circulation of the spine
- Improves digestion and strengthens abdominal muscles, upper arms, thighs and hips





20 | FIXED FIRM POSE

- Strengthens and improves flexibility of lower spine, hip flexors, quadriceps, knees and ankle joints
- Beneficial for the spleen
- Strengthens the psoas muscles

21 | HALF TORTOISE POSE

- Helps indigestion and stretches the lower part of the lungs, increasing blood circulation to the brain
- Firms the abdomen and thighs
- Increases the flexibility of hip joints, scapula, deltoids, triceps, and latissimus dorsi muscles
- Increases blood flow to the brain, which enhances memory and mental clarity



22 | CAMEL POSE

- Stretches the abdominal organs to the maximum and helps constipation
- Stretches the throat, thyroid gland, and parathyroid
- It opens a narrow rib cage to give more space to the lungs
- Because it produces maximum compression of the spine, it improves the flexibility of the neck and spine and relieves backache
- Firms and slims the abdomen and the waistline



23 | RABBIT POSE

- Produces the opposite effect of the Camel; as a result, it stretches the spine to permit the nervous system to receive proper nutrition
- Maintains the mobility and elasticity of the spine and back muscles
- Wonderful effect on thyroid and parathyroid glands
- Improves the flexibility of the scapula and the trapezius muscles



24+25 | HEAD TO KNEE POSE AND STRETCHING POSE

- Improves the flexibility of the spine, ankles, knees and hip joints.
- Improves digestion
- Enhances circulation to the liver, spleen, pancreas, thyroid, thymus and intestines.
- Excellent for the immune and lymphatic systems



26 | SPINE TWISTING POSE

- The only exercise that twists the spine from top to bottom at the same time
- As a result, it increases circulation and nutrition to spinal nerves, veins, and tissues, and improves spinal elasticity and flexibility of the hip joints
- Calms the nervous system



BLOWING IN FIRM POSE

- The last breathing exercise strengthens all the abdominal organs and trims the waistline
- Exhales unexpelled toxins from the body.
- Increases circulation
- Completes the practice

WHAT MORE CAN WE SAY?

DON'T JUST TAKE OUR WORD FOR IT.

“

“Three years and thirty pounds ago, I struggled out of my first Bikram Hot Yoga class. Drenched in sweat, worried that I might not be able to make it back to my car, I still somehow sensed that I had stumbled upon something good. Or maybe I was just hoping I had. What I knew for sure was that I was losing the ability to walk. A cane, a walker, and even a wheelchair loomed ominously in my mind’s eye. This became especially apparent when, on a trip to Yosemite, I found myself sitting in the car instead of walking to waterfalls. I had always loved to hike, and now, here I was, well on my way to becoming an invalid. Yes, I do have a disability that has affected my mobility since birth. Did that mean I had to accept what seemed inevitable?” – Megan H

“Four years ago before I started Bikram Hot Yoga I had high cholesterol that my doctor told me would result in me needing medication. I weighed 195 pounds. Within 3 months of going to Bikram Hot Yoga I was able to balance my cholesterol. Over these 4 years while going to Bikram Hot Yoga, my diet has also changed, I make smarter choices when it comes to deciding what to eat. I now weigh 155 pounds! I’m obsessed!” – Raffi H

“I wanted to share with you the medical test that has welded me to my Bikram Hot Yoga practice. I had blood work done 5 days prior to starting Bikram Hot Yoga then 57 days and about 50 classes later. This is the test that put me in near tears when I told you the impact Bikram Hot yoga has had on me. All my other blood work numbers have dramatically improved, and over time my back has healed, I have gained confidence in my knee strength and flexibility.” –Gene S

“I’d like to say that before ever stepping into a Bikram Hot Yoga class, I thought I would hate it because I don’t like hot weather temperatures. It was engraved in my head that I would not be able to do this. I went in with the attitude that if I could just stay in the room without leaving, I would be happy with that accomplishment. Turns out, I stayed and did all the poses with my best effort. Over the course of a month, I was addicted. I took 28 classes within a month.” – Laura

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HOW DO I PREPARE FOR CLASS?



EAT.

Eat several hours before class, but come to class on an empty stomach. Try to incorporate plenty of greens, fruits, and veggies into your diet to replenish your electrolytes and minerals.

HYDRATE.

Hydrate before and after class. We have a complimentary water machine, or you can purchase our highest-quality coconut water and Kombucha.

BRING.

Bring a mat and towel and wear Lycra shorts or capris and tank tops or bra tops.

WHAT SHOULD I EXPECT?

Expect to sweat! It may take some time to get used to the heat, but once you do, you will crave it for all of its cleansing and detoxifying benefits.

Learn from some of the most experienced and professional teachers around. All of our teachers undergo a 9-week intense teacher training course, and most of our teachers have taught for over 5 years.

We have an amazing and diverse community that is both welcoming and supportive.

Please get a better sense of our studio by watching our welcome video at
www.HotYogaPasadena.com



HOT YOGA
PASADENA

DISCOVER
YogiVal's
VIDEO SERIES
5 Fundamentals
OF ALIGNMENT & PHYSICAL CONNECTION

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Val shares her secrets on how to balance effort with ease, her tools for healthy living, and the universal truths that will inspire you to live and feel better.

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