

**Hatha Yoga Teacher Training (HYTT) 300 Hour Program**  
**Course Outline: Hot Yoga**  
**Elective Option – 10 Hours**

---

*COURSE DESCRIPTION*

Gain the knowledge and skills necessary to teach and practice Hot Yoga in a safe and supportive way. This 10 hour course will allow you to learn and understand why we practice Hot Yoga and feel the benefits in your own body.

Hot Yoga is accessible to most everyone and you will deepen your practice as a student and be confident to teach classes in a hot room if you are already a yoga teacher.

This comprehensive training includes lectures, partner and small group work, home study and experiential practice to help you learn the full scope of what Hot Yoga has to offer.

Course components include:

- History and philosophy of Hot Yoga
- Hot Yoga through an Ayurvedic lens
- Physiological effects of Hot Yoga
- Anatomy for the heat; effects of heat and heat illnesses
- Importance of proper hydration
- Myths about Hot Yoga
- Asana alignment and injury prevention
- Hands-on adjustments and considerations in Hot Yoga
- Pranayam techniques specific to Hot Yoga
- Sequencing a Hot Yoga class
- Observation skills



### *LEARNING OBJECTIVES*

1. Participate safely and confidently in an active Hot Yoga class.
2. Learn and experientially understand Hot Yoga and the benefits and considerations of this practice.
3. Develop skills to teach in a hot room and recognize signs and symptoms of heat-related illness and offer variations and modifications to students as appropriate.

### *PRE-REQUISITE READING (OPTIONAL)*

Hell-Bent: Obsession, Pain and the Search for Something Like Transcendence in Competitive Yoga by Benjamin Lorr

### *POST-TRAINING REQUIREMENT*

Attend 2 Hot Yoga classes with written reflections.  
Create your own electrolyte drink.

### *ENROLLMENT*

This course is open to the general public with at least 6 months to 1 year of yoga practice.