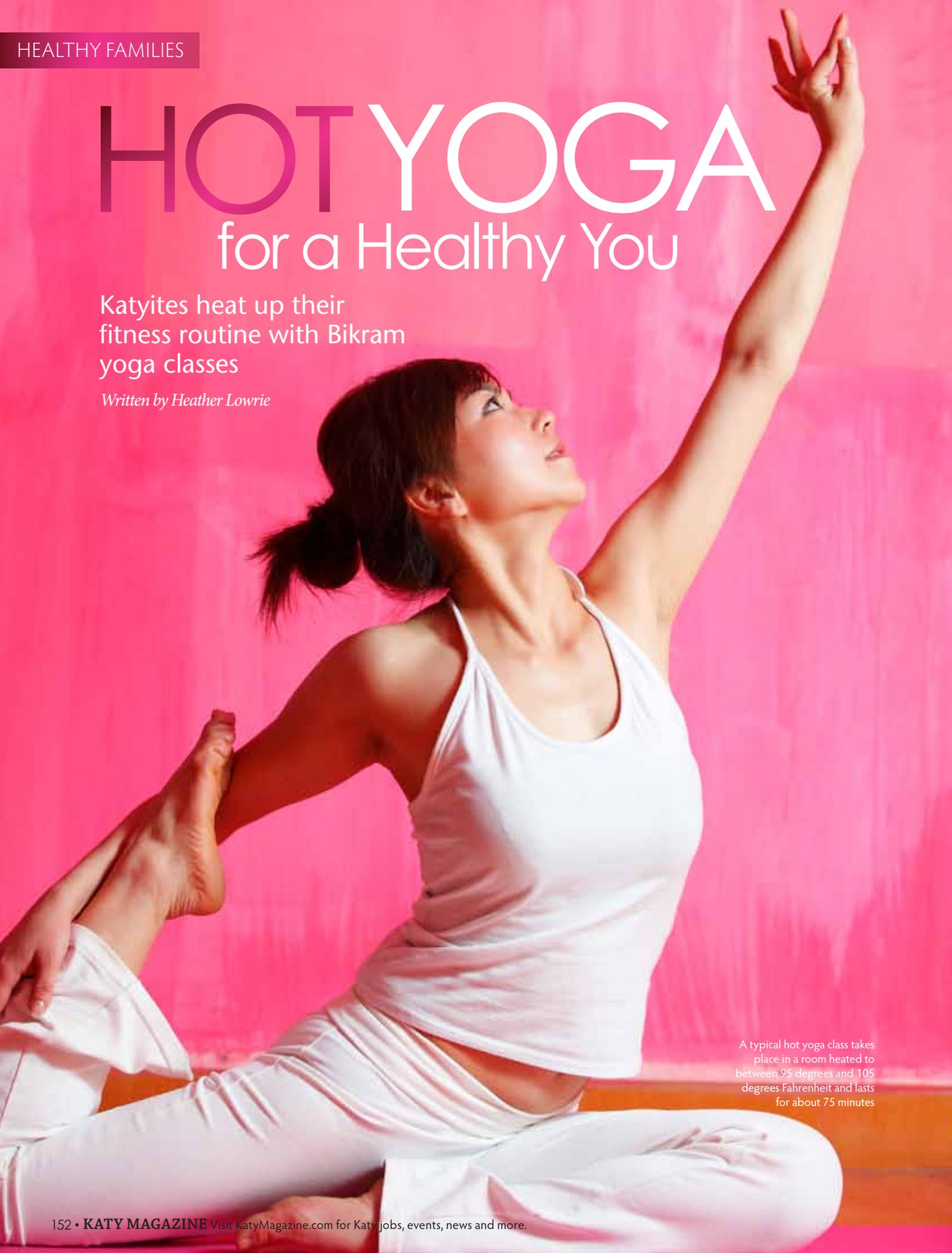


# HOT YOGA

## for a Healthy You

Katyites heat up their fitness routine with Bikram yoga classes

*Written by Heather Lowrie*



A typical hot yoga class takes place in a room heated to between 95 degrees and 105 degrees Fahrenheit and lasts for about 75 minutes

Annette Le Pavec says an ideal hot yoga class will help you restore, repair, and rejuvenate



Photo by Jason Lehecka

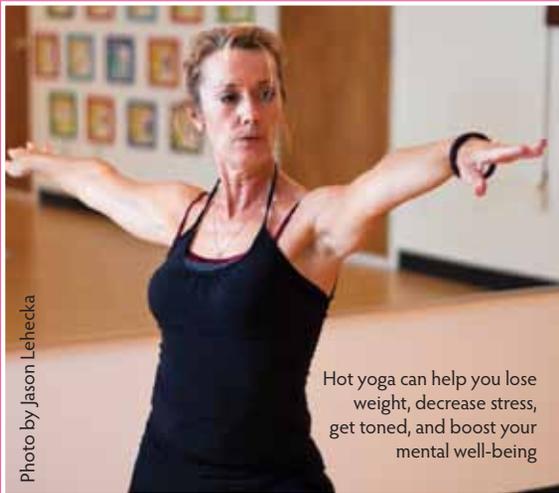


Photo by Jason Lehecka

Hot yoga can help you lose weight, decrease stress, get toned, and boost your mental well-being

Le Pavec and Luigi before a hot yoga class in Katy

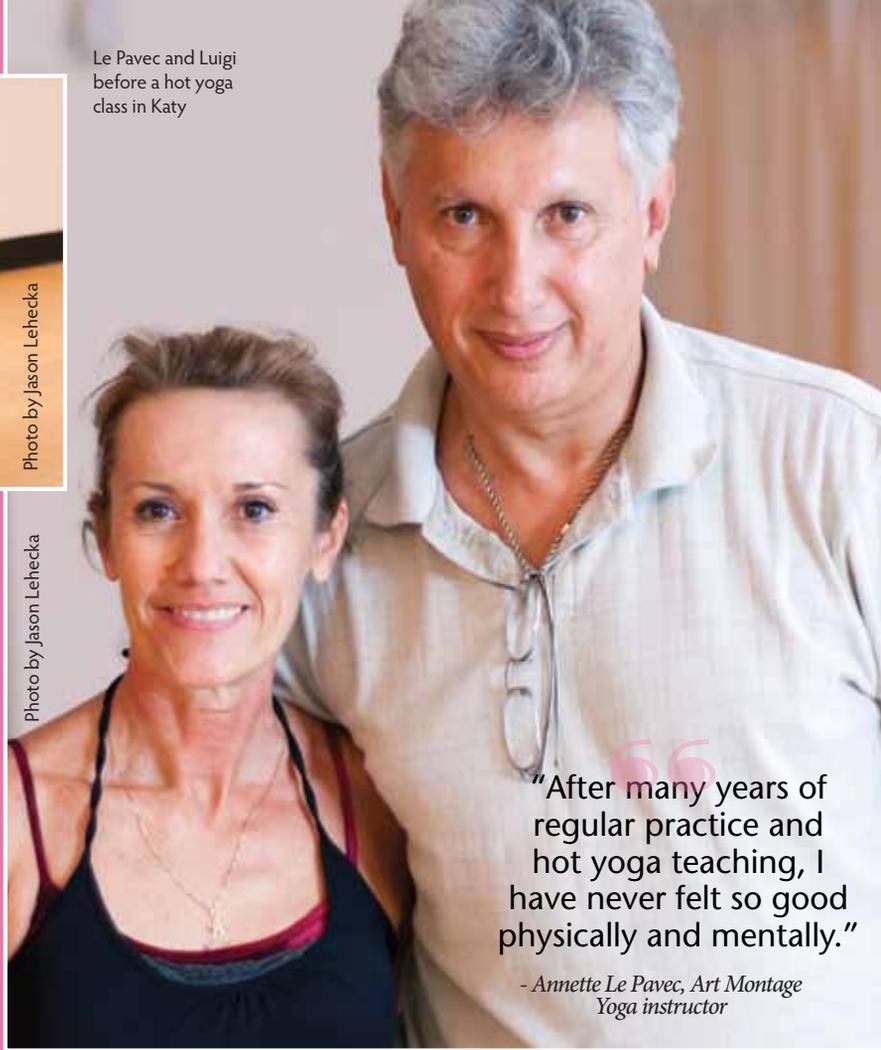


Photo by Jason Lehecka

“After many years of regular practice and hot yoga teaching, I have never felt so good physically and mentally.”

- Annette Le Pavec, Art Montage Yoga instructor

Imagine striking pose after pose in a yoga class where the temperature heats up from 95 degrees to 105 degrees Fahrenheit over the course of 75 minutes. In Texas, it's tough for it to be hotter inside than out, but with hot yoga classes, the hotter it is in the studio, the better. Sound crazy? As a hot yoga instructor at Art Montage Yoga in Katy, Annette Le Pavec has seen the benefits of the basic practice of yoga in extreme heat. “After many years of regular practice and hot yoga teaching, I have never felt so good physically and mentally,” she shares. “Now, I’m more flexible, stronger, and proficient than 20 years ago.” Who doesn’t want to be healthier today than they were yesterday? Fortunately for Katyites, there are many local studios and gyms offering hot yoga classes throughout the week.

### Build Strength and Flexibility

Depending on the background of the instructor, each hot yoga class will be a little different, incorporating a variety of poses at varying paces. In most every class, though, students go through three different stages in a heated room.

The instructor usually leads students through 30 yoga postures, or poses, along with three breathing exercises. The whole point of hot yoga is to build strength and flexibility, expand one’s energy, and find balance.

John and Lacy Slattery have experienced hot yoga firsthand. Lacy surprised her husband with a gift certificate for his birthday and they have been hooked ever since, attending hot yoga classes twice a week since August. “I was the beginner of all beginners when it comes to yoga, let alone hot yoga,” shares John. “It has been fun trying something new, and it’s something we enjoy together.”

### Restore, Repair, and Rejuvenate

According to Le Pavec, the three R’s represent the most important aspects of any hot yoga routine: restore, repair, and rejuvenate. Any hot yoga student can experience the influence of each of these areas, regardless of how far along they are with meeting their physical fitness goals.

For some, it might be difficult to get through that first hot yoga class without knowing all of the major benefits the practice can bring. Weight loss comes to mind as perhaps the most obvious benefit of following a regular hot yoga routine. Le Pavec says she has seen some students lose up to six pounds after just six classes. Lacy Slattery shares, “It sounds crazy, but I really do feel rejuvenated after a class. I’m feeling better overall, and my clothes are feeling looser.” Along with weight loss, hot yoga offers benefits like stress release, body sculpting, and overall physical and mental well-being.

## A Life-Changing Practice

Before becoming a hot yoga instructor, Le Pavec suffered from chronic back pain after a career as a professional dancer. Hot yoga changed her life. "I was unable to fold forward or to do a gentle backbend without a feeling of pain, which notably increased after the birth of my second child," she shares. "Once when I was having my yoga practice in Mexico during one of the warmest days of the year, I began to feel back home in my own body, a sensation that I had not experienced for years. Since then, I have never stopped practicing yoga in the heat and sharing it with my students."

Walking into a hot yoga class for the first time can be a bit overwhelming, but is sure to be an unforgettable experience. In time, the practice may even become an integral part of your workout routine. John Slattery shares, "I'm a beginner and if I can get through a class, anyone can." KM

*HEATHER LOWRIE is a freelance writer who is married to the love of her life. She has three children and loves to encourage people to try new things. Hot yoga has since been added to her bucket list.*

## Find a Hot YOGA Class in Katy

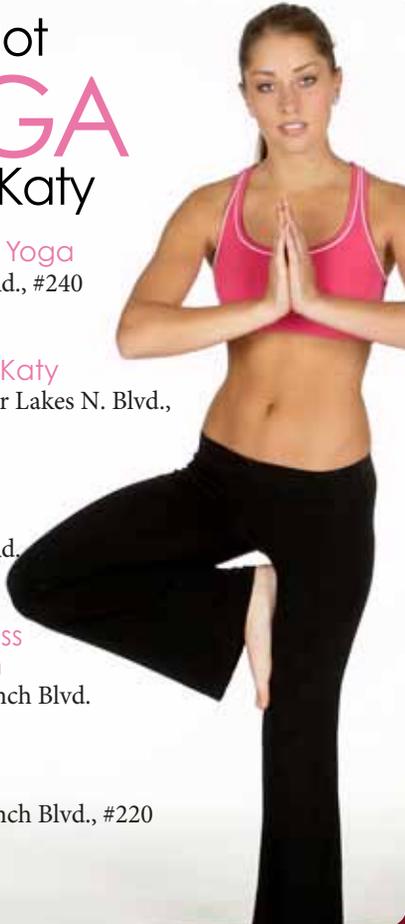
**Art Montage Yoga**  
2501 S. Mason Rd., #240  
281-666-8243

**Bikram Yoga Katy**  
6734 Westheimer Lakes N. Blvd.,  
#109  
832-222-9642

**Dahn Yoga**  
1515 S. Mason Rd.  
281-492-7000

**Lifetime Fitness  
Cinco Ranch**  
23211 Cinco Ranch Blvd.  
281-644-5300

**Yoga West**  
23855 Cinco Ranch Blvd., #220  
281-579-2287



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