

Compact Hot Yoga Class Available At Seattle Studio

January 24, 2024

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Sealevel Hot Yoga, based in Seattle, WA, is pleased to announce that classes for Bikram yoga are now available in two formats. While the longer, 90-minute class is strongly recommended, the shorter, 60-minute class offers students access to an abbreviated version of the same teachings.

?At its core, yoga is educational in nature,? comments Sealevel Hot Yoga, ?and we wanted to give everyone the ability to seek this education even if they have to contend with busy schedules or other concerns. We offer the entire Bikram series in two formats so that you can freely engage with the period that best suits your lifestyle and preferences.?

According to the Hot Yoga studio, the 90-minute class is the traditional Bikram yoga class. It is considered an excellent foundation for a strong, sustainable yoga practice, and this is why they encourage students to opt for this class if they are able. If they are unable to do so, however, the studio assures that the 60-minute class follows the same sequence in an abbreviated format.

?We realize that an hour for yoga is sometimes what will fit into your schedule,? comments Sealevel Hot Yoga. If you?re looking for Hot Yoga in Seattle, we want you to feel welcome here instead of having to choose between multiple priorities. Thanks to our shorter class, you can still participate, improve your health

and mental well-being and gain valuable insights that will be just as useful if you ever decide the time is right to transition into the 90-minute class. We leave it up to you to decide what this part of your journey will look like.?

The entire Bikram series is available in both formats, the studio assures, so students may pick whichever meets their needs best. All of the teachers at Sealevel Hot Yoga have a strong foundation that comes from many years of practice and teaching in the Bikram tradition and beyond. As a close-knit staff, the teachers are dedicated not only to yoga practice but also to sharing their knowledge of yoga by teaching with kindness, skill, intelligence, compassion and love.

As a result, both classes are appropriate for all levels of practice, though students should be aware that the shorter class does move at a faster pace. All the postures are taught as well.

Sealevel Hot Yoga is also keen to work with other individuals who want to hone their craft well enough to teach it to their respective communities. The studio currently offers a comprehensive Teacher Training Program that covers the original Hot Yoga sequence of 26 postures and 2 breathing exercises. Through the program, trainees will receive the skills and confidence they need to pass this knowledge on to others, and the studio adds that teaching is itself an excellent vehicle for furthering a practitioner?s personal ability.

?Our aim is to provide you a safe environment in which to go deeper into postures while strengthening your focus and concentration,? states Sealevel Hot Yoga. ?This is one reason we have a heated room for practice. We have worked with students at all levels of practice for decades, and we know what it takes to help you push yourself in a productive, rewarding manner.?

The studio also offers several amenities that can simplify the experience for new students. For instance, their showers and changing rooms are made available to all students regardless of practice level, class or other designation, and students who do not have their own yoga mats and towels may utilize the sanitized rentals if they so wish. They may even purchase kombucha and (boxed) water when they arrive for class.

Sealevel Hot Yoga now has room for more students, and the teachers are eager to work with new arrivals in the coming days and weeks. Those interested may call or email the Hot Yoga studio at their convenience to book their spots, inquire about class schedules and more. Sealevel Hot Yoga would similarly be pleased to connect with students via social media.

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For more information about Sealevel Hot Yoga, contact the company here:Sealevel Hot YogaSealevel Hot Yoga206-547-0188SEALEVELHOTYOGA@GMAIL.COM215 N 36th St, Seattle, WA 98103, United States

Sealevel Hot Yoga

Sea Level Hot Yoga in Seattle welcomes yogis of all levels to enhance their practice. Our heated room (100°F-105°F, 30%-40% humidity) and diverse classes promote flexibility and blood flow. Discover the transformative power of hot yoga - contact us today!

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