

**TRY THIS...
Hotpod Yoga**

If you've always wanted to reap the many benefits of hot yoga but felt too intimidated to give it try, Hotpod Yoga could be the friendly and inclusive hot yoga destination for you. Hotpod Yoga has 50 studios (with more set to open in 2024), all equipped with patented pods that heat up to 37°C while tranquil music, calming scents, glowing lights and relaxing beats add to the truly unique and immersive experience.

Until recently, Hotpod Yoga offered four types of workout: its signature Hotpod Flow class following a vinyasa-based sequence; the more advance Dynamic Flow to help deepen your practice; the Foundation Flow for beginners or anyone wanting a flowing class at a slower pace; and the Nurturing Flow focusing on passive and meditative postures - ideal for those coming back from injury or wanting to calm the mind.

Now, for the first time in two

years, Hotpod Yoga has added a new class to its nationwide timetables, in the form of Sleep Sessions - a calming class that's all about hitting the 'pause' button. Created to address the importance of sleep on our overall health, wellbeing and recovery, this rejuvenating session mixes a lower heat with a soft, flowing routine comprising of gentler stretching, breathwork and mindfulness techniques.

Suitable for all levels, I felt confident I would be able to cope with the asanas so decided to give it a try at my local Dulwich studio. And from the moment I set barefoot into the inflatable pod at 8pm on a Sunday night, I knew the hour-long class was going to be special.

The instructor - equipped with one of the most soothing voices I've ever heard - guided us slowly through several restorative poses, interspersed with breathwork and a mindful body scan to help us draw our awareness inwards and relax the mind and body from top to toe.



By the time we moved into legs up the wall (without the wall and supported by a bolster under the lower back and hips), my body and soul was thoroughly soothed by the sounds, scents and asanas. And when I rested into yoga nidra (also known as yogic sleep) for a good 10-to-15 minutes with my fellow classmates, I didn't worry whether I might fall asleep and start snoring.

Needless to say, I left the class feeling deeply relaxed and utterly rejuvenated, and when my head hit the pillow back at home, my mind was clear and I fell asleep swiftly. I also awoke the next day feeling completely rested, alert and ready for anything the day ahead would throw at me. Give it a try, whether you've tried yoga before or not. ☺

The glowing lights, calming scents and gentle music help you sink into a deeper state of relaxation



Need more sleep advice? See page 92 for our expert guide.

Find out more at hotpodyoga.com. Classes start from £12 with class pass bundles and membership offers are available.