

# [Teacher trainer observations during hot yoga class](https://assignbuster.com/teacher-trainer-observations-during-hot-yoga-class/)

Discussion Yoga is a conventional physical and mental activity that originated from India, it involves contemplative practices. While hot yoga also known as Bikram yoga is practiced in hot room generally between the temperatures of 90-100 degrees. The high room temperature leads to sweating that removes body toxins, making the body warm and flexible. Before going into hot yoga one has to consider the fitness of his/her body because it involves blending commitment, devotion of focus on awareness of breathing and energy. Becoming a yoga teacher (yogi) requires enthusiasm, get support from yoga guru the support can be inform of education material to explore every resources available about the activities (poses and postures), funds and mentorship. Also choose adequate tine avoid week end training because you are likely to get inadequate skills about yoga.
Have a comprehensive yoga course outline containing proper use of props, yoga values, method and frame work of yoga,, Physiology, Kinesiology, Posture alignment, working with vulnerable people, yoga teacher moral principles, contemplation, recreation, communication with students, marketing, and network. Yoga is not a religion but a life style whose aim to ensure a health mind and body. It promotes the development of mental, physical and spirituality of the body. The exercises associated with hot yoga revitalize the body with energy. This energy helps trainers to;
achieve ideal balance and harmony
Enhances self- healing.
Get rid of negative attitude from the mind and chemicals from the body
promotes individual power
Improves self-esteem
Increases focus and concentration, especially in children
Reduces tension and activates the nervous system.
In hot yoga teachers motivates and transforms the lives of their trainees on a daily basis. It is the only profession that inspires student in the whole world. Increases the knowledge to both the student and the teacher that is student are coming for guidance and the teacher’s liveliness and energy is increased.
Hot yoga can bring about incredible changes to your life, it can change the way you perceive and see things. It is also good for healing and therapy process. Even those who suffer fro severe injuries have experienced quick recovery if they engage in continuous Bikram yoga. Additional, it removes harmful chemicals from the body as a result of the several postures heals physical ailments and ensures flow of oxygen into the blood hence keeping the body clean. This yoga had a scientific base and it has standards have been accepted by the scientists from the University of Tokyo University Hospital after trying it out in the treatment of tissues and chronic diseases.
However, Yoga can also hurt though people assume that it is simple and anyone can do it. For instance, hot yoga has negative influences on the internal parts of the body this is according to the 1972 conference on the International Medical and it is also considered not good because of the high room temperatures students are put under. Regardless of the type, yoga they do not offer complete fitness and weight reduction of the body of the body. Yoga teachers do not have adequate information about teaching yoga it’s to be done on one-on-one bases but them to do it to a group of people. So in 1999, yoga alliance was formed that set the minimum standards of 200 hours for training for certification.
Reference
Corliss, R. The power of yoga, University of Cambridge: United Kingdom, 2001