

# Focus on Yoga – Warm Vinyasa Flow

Posted on [November 5, 2012](#) by [Janet Muniz](#)

*Maya is now offering Warm Vinyasa Flow yoga classes at our new studio.*

For this class, we heat the practice studio between 82 and 84 degrees to facilitate flexibility and perspiration. Energetic and mentally balancing, this practice is for those who have a foundation in yoga and desire a challenging, advancing class that flows through core strengthening movement connected to the breath, and inversions.

We asked class instructor **Lara Ederer** how the heat and free flowing movement of Warm Vinyasa Flow can challenge the core, balance, and endurance -as well as developmental clarity.



**What is Warm Vinyasa Flow? How do we benefit from adding warm yoga to our practice?**

*"Here in the Northwest, where our skies are often gray, practicing in a warmer studio is the greatest escape."*

Vinyasa yoga comes from the lineage of Krishnamachary -who is one of the greatest teachers of yoga; it draws from the traditions of Ashtanga, Iyengar, and Viniyoga and it combines some of their hallmark qualities into a breath-centered flow. Because this is a warm class -and not the hot 105-degree environment that some traditions use- I think it's accessible to a wider range of practitioners. The

heat helps warm the body from the outside while we generate heat from within. Our muscles are able to be more elastic in a warmer environment and that can help with injury prevention. It also stimulates more blood flow, helping to flush out toxins.

**What can students expect from your class?**

*"I like to infuse joy in my classes; the practice is challenging and can sometimes be frustrating so I like to balance that with the sense of play and fun."*

I provide a lot directional cues so students can feel the specifics of poses throughout their bodies. One of my favorite quotes about asanas is from LA-based yoga instructor Brock Cahill (also known as the [Gravity Cowboy](#)) who said the practice of yoga is about when the impossible becomes merely a challenge; I try to embody this as a teacher and also as a student. With that being said, I like arm balances and inversions, and want to offer students opportunities to try and learn poses they perhaps have not tried before.

**How do you suggest students prepare for a warm class?**

*"The warmer temps can cause some students to feel more lightheaded, so recognizing that while on your mat and honoring it is important."*

I usually suggest not eating anything other than a light snack about two hours before class; also, hydrate generously before and after. During class, I recommend coming into child's pose and focusing on your breath for an appropriate time before rushing back into the flow. Some people may find in time, that they might want to invest in a mat that is more conducive to a warmer practice or using a towel to help from slipping on sweat.

*Lara is scheduled to lead Warm Vinyasa Flow Wednesday evenings at 6:30 pm. [Register online](#) today -and let us know how you like it!*