

37 Gradusa Yoga™ is a system of yoga exercises based on hatha yoga, performed in a warmed up to 37 degrees Celsius room. It is burdensome, requires a lot of will, strength and a sporting spirit. It is suitable for men and women who enjoy the challenges and serious physical activity. Your expectations must be related to intense and difficult yoga practice, more demanding than a regular yoga class.

Studio 37 Gradusa Yoga™ was founded 13 years ago (2006), one of the first yoga studios in Sofia and only for hot yoga in Bulgaria so far. Our studio is always clean, hot as it should (both in winter and in summer), filled with a casual and friendly atmosphere. We attract new customers every day, and our regular yogis are numerous.

In our studio we will not teach you how to live and what to believe. You will learn about how to practice properly.

Beginners

- New clients should arrive 20 minutes before class. CLASSES BEGIN JUST IN TIME. See the map to orient yourself well before you go as our street is pretty special :).

We recommend that you change instructors, and not only one practice - thus, if one program will enrich your practice through individual knowledge and methods of each teacher.

37 Degrees Yoga is equally suitable for ladies and gentlemen.

You can pay a one-time visit, but if you like the practice, you can purchase a card - it saves money and allows to book a place.

How to prepare for the first class:

- Eat at least two hours before your workout.
- Drink fluids before coming to class (without caffeine and alcohol).
- Bring water to drink. The studio also available.
- Put on comfortable and suitable for fitness clothes - leggings or tracksuit trousers, vest or shirt. Avoid synthetic fabrics. The effect of practice would be better if you lightly dressed.
- Bring a large towel that you put on your yoga mat. Its use is optional. We ask men to bring two towels. You can rent a towel.
- It is advisable not to wear perfume and lotion before class. Body sweats and after intensive activities. So avoid clogged pores with lotions and more.
- It is normal to feel a little dizziness or fatigue. Do not worry, tell the instructor, sit on the ground, take a sip of water and wait for your discomfort to pass.

RULES OF THE STUDIO:

- Delays are not permitted.
- The studio offers free mats. They are common, so always use a towel to cover the entire mat.
- Wear clean flip flops or slippers for use in locker rooms and showers. It is forbidden walking shoes in the yoga studio. If you forgot your flip-flops, walk barefoot or in socks in the locker room.
- The yoga hall not enter with shoes and socks. Yoga practice barefoot.
- The room yoga is prohibited import of mobile phones and other personal belongings displacement of bedding and chatter with friends.
- Do not allow practitioners to correct other clients of the studio - it's only right and duty of the instructor.

- If you need to leave the room during class, do so at the appropriate time, between asanas to avoid disturbing others. If you need to leave earlier, inform the instructor in advance. To answer your questions the instructor is available before and after class.
- After class you can take a shower. It is desirable to be expedited in order to benefit other clients.
- Features 2 changing rooms and lockers with a key.
- The cabinets do not put shoes, they are placed at designated locations.
- The studio is not responsible for belongings in unlocked cabinets and left outside. Forgotten items of any kind are kept 20 days.
- Administration of the studio and instructors have the right to ask anyone to leave if behaves in a way that hinders or endangers the safe practice.

FOR YOUR SAFETY AND ENABLING LAW:

Hot Yoga is not recommended for pregnant women. Can practice only persons over 16 years, and people without serious cardiovascular disease and unstable blood pressure.

- Yoga has the ability to help with many chronic diseases, but if you have any, please ask your doctor or required professional before you come to class. Required inform the instructor of your previous or current medical conditions, injuries or surgeries.

The studio will fill a single form of "informed consent to participate in hot yoga classes."

Effects

Only in our studio, which is specially made for this purpose, you will feel the power of hot yoga.

The "37 Degrees Yoga" is not seasonal, it is equally useful in winter and summer.

To be effective your practice, you need to exercise regularly, at least 2 times a week. The body is not cleared from the toxins in one class and all - they are piling up every day by what we eat and breathe, various bad habits and a sedentary lifestyle.

- Eliminates toxins
- Increases blood circulation to any body
- Increases lung capacity and teaches us to breathe properly
- Helps to healthy weight loss
- Tightens the muscles of the body
- Increases flexibility of the spine, reduces pain in spinal
- Treats injuries as a suitable method rehabilitation after operations on the musculoskeletal system
- Strengthens the immune system
- Reduce / regulate blood pressure and cholesterol
- Improves digestion and metabolism, massage internal organs
- Reduces stress
- Improves sleep
- Flush skin and gives it a fresh look
- Increases energy and vitality
- Develops balance, strength and flexibility
- Causes the body and spirit to achieve more and the best for yourself