

# My Hot Yoga Secrets:

# Revealed

Three Keys To Unlock  
Each of the 26+ Hot Yoga Poses



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My Hot Yoga Secrets: Revealed



## **What's Are these Hot Yoga Secrets and how did I get them?**

Hatha yoga has captured the imagination and the respect of people of all ages, all ailments, all lifestyles.

**I should know. I've been practicing and teaching yoga for over 40 years.**

One of my favorite long-term yoga secrets: instead of finding yourself aching and injured after years of running, sports, or even ballet, hot yoga actually makes you feel better as you age. Younger. More flexible. More ahhhhh, yes.

But what if you didn't start yoga as a teenager? What if you want to start now...is it too late?

**You can start anytime. Yoga will be there for you, as it has been for the past 5000 years.**

But which yoga? There are so many Hatha yoga flavors: Sivananda, Iyengar and Vinyasa. Kundalini and Ashtanga. Yoga for seniors, for children, for dummies, Oh, My!

**The short answer is the easy answer: Relax – it's all good.**

Now for the long answer: in my experienced opinion there is a best option, especially for beginners – Hot 26 (aka Bikram Style) yoga.

**Hot 26 Yoga has many secrets that make it uniquely beneficial. This book is my roadmap; my three key secrets to each of the 26 hot yoga poses and 2 breathing exercises.**

Each of these AHA yoga moments was gleaned from my direct experience, during my 15 years and many hundreds of hot yoga classes with countless attempts and failures to get these yoga poses just right.

These are the sweet spots that take you from struggle to release. Right now. No matter your experience level. No matter how injured or old or inflexible you think you are.

**You don't have to practice hot yoga for 40 years to get these secrets.**

There's no reason for you to wait a moment longer to arrive at this conclusion: you came to yoga to experience the best of everything you know your life can be, to find that place where you can feel your body – and your life – without limitations.

Welcome home. And keep coming back for more at [Riverflow Yoga](#)

Warmly,





## Top Three Open Secrets of Hot 26 Yoga:

1. **The Hot Yoga Freeze Out:** “Freeze” in each pose – yes, just hold still – and you build a “blood dam” in that part of your body. Release the pose and you open the floodgates, bringing fresh, rich oxygenated blood, aka healing, to that part of your body.
2. **The All or Nothing:** Give 100% effort, get 100% benefit – no exceptions. Give less – even 99% effort – and you get 0. Zilch. The power is in your willingness give all you’ve got to the instructions, in every pose, no exceptions. Your 100% may look different from that Gumby beside you but you are getting just as much benefit. Maybe more (how is that possible? Stay tuned – that’s another secret).
3. **The Nothing Is Something Secret:** The reason for resting after every hot yoga pose: nothing is something **powerful**. Total rest is not just for beginning or ending a yoga class, it’s important after each pose. Stop fidgeting; stand still; feel that certain something.





## Pranayama – Standing Deep Breathing

### Rhonda's Three Key Hot Yoga Secrets:

1. Breathe like Darth Vader. No choking, snorting or sniffing
2. Suck your stomach in hard just before you exhale
3. Keep your back straight at all times, on the inhale and exhale

**BONUS SECRET:** You are not a pig. You are not a horse. You are not being choked to death. This sound is like the ocean, a deep HA sound in the back of the throat. Bring it in again and again.



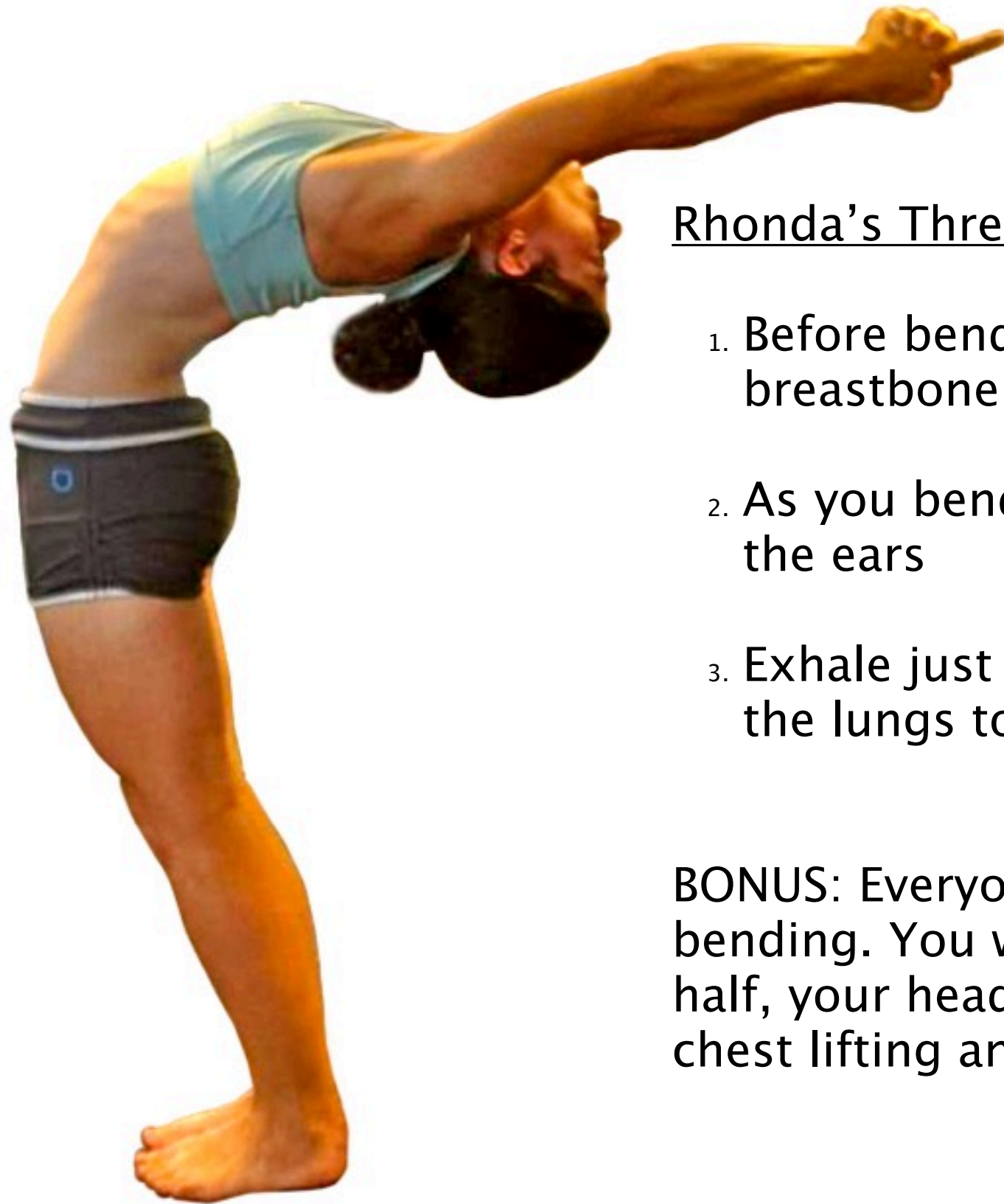
## Ardha Chandrasana: Half Moon

### Rhonda's Three Key Hot Yoga Secrets:

1. Lock the arms, squeezing them behind your ears
2. With each inhale, point the fingers and lock the arms tighter
3. Rather than bending your body in half like an L, round over an imaginary hurdle at your waist and reach for the top back corner of the room, not the side wall

**BONUS:** Lock The Arms, lock the arms. Oh and one more thing: **LOCK THE ARMS.** This lock is the key that singlehandedly unlocks this pose.

## Back Bending



### Rhonda's Three Key Hot Yoga Secrets:

1. Before bending back, lift the chest up, breastbone flat towards the ceiling
2. As you bend back, keep the arms locked behind the ears
3. Exhale just a little then inhale again; keep air in the lungs to keep your chest buoyant

**BONUS:** Everyone is a little freaked out by back bending. You won't fall back, you won't crack in half, your head won't spin around...just keep your chest lifting and your arms pulling straight.

## Pada Hastasana: Hands to Feet Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Pull the pointer fingers forward on the way down; look forward, pull forward, long flat back
2. Pull the elbows behind the calves AND pull the shoulders way down
3. Press the face onto the shins... soooooo relaxing

**BONUS:** The first time your hips are fully up and your legs are totally straight, you are going to feel as if you can take on the world. With each exhale, relax the backs of your knees and your inner thighs and PULL.





## Utkatasana – Awkward Pose

### Rhonda's Three Key Hot Yoga Secrets:

#### Part 1:

1. Pull the shoulders down AND back, arms locked into your rotator cuffs
2. Feet parallel – keep adjusting the heels outward
3. Imagine reaching for a chair at the back wall as if your life depended on it

Continue to part 2...







## Utkatasana – Awkward Pose

### Part 2: Heels Up

1. Push weight forward into the **INNER EDGES** of the big toes
2. Feel strings pulling your knees up as you lower down
3. **FREEZE** and lift the heels higher... weight into the big toes more

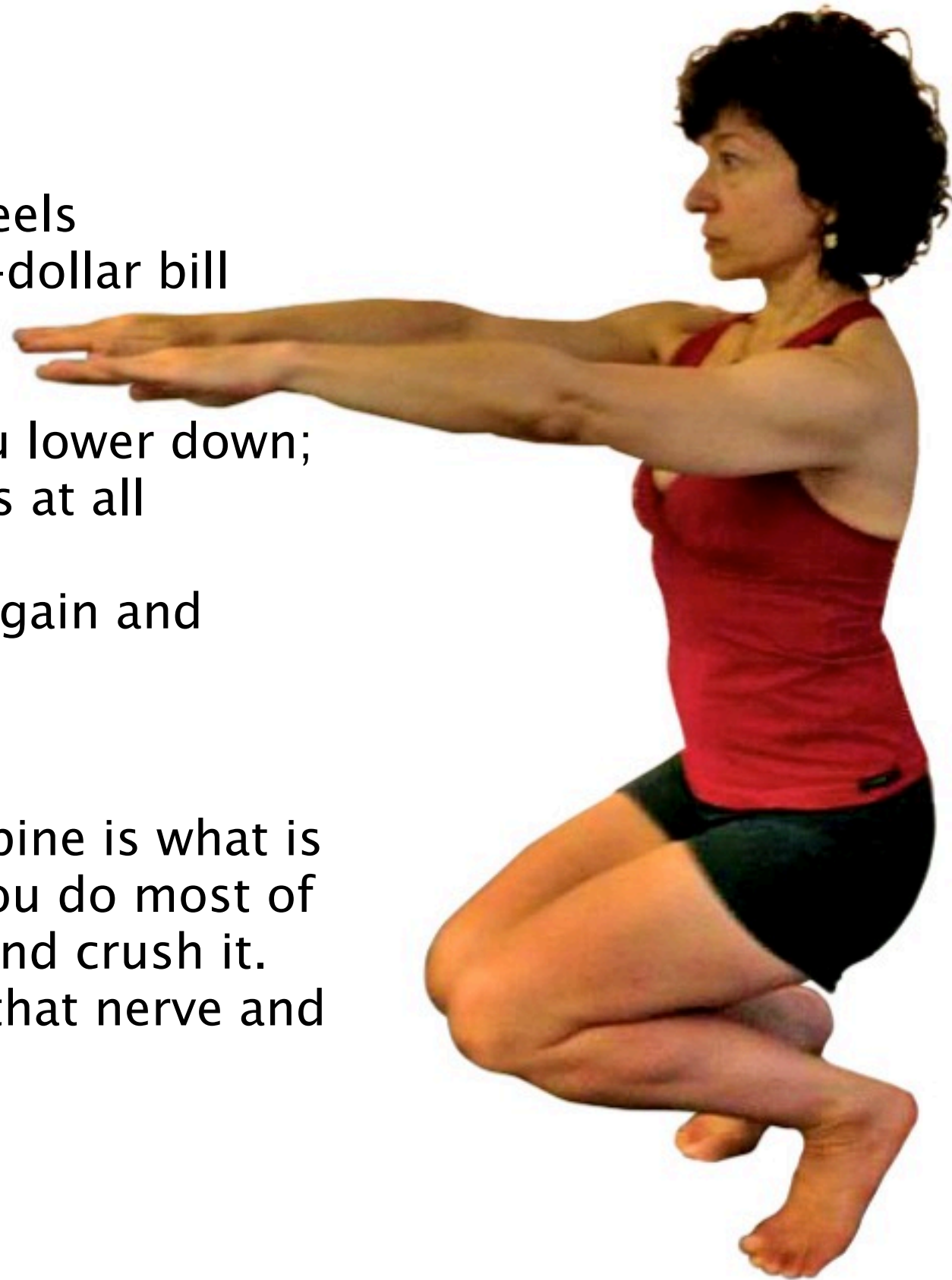
Continue to part 3...

## Utkatasana – Awkward Pose

### Part 3: Hips Hovering above Heels

1. Knees tight. Hold a million-dollar bill between your knees
2. Tip your knees down as you lower down; hover, don't sit on the heels at all
3. Shoulders down and back again and again

\*BONUS: At the base of your spine is what is your Life Nerve and what do you do most of the time? You sit on your life and crush it. Here's your chance to stretch that nerve and lengthen...guess what.





## Garudasana – Eagle Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Swing the arms down **HARD** – activate your heart from the start
2. Move the shoulders side to side, pull the fingers **BELOW** the nose, pull the elbows down – work those shoulders loose
3. Sit down until you feel a chair under your butt. The harder you lock, the more likely it will show up

**BONUS:** Be the shortest person in the room and count on this: there's no arthritis in your future if you sit deep and squeeze hard.



## Water Break

TIP- DON'T. Drinking water now is mostly a distraction.

Better still: stand still.

Breathe.

Look in the mirror.

You'll see what a Warrior looks like: flushed, sweaty, powerful.

Oh yeah, that's you.



# Dandayamana Janushirasana

## Standing Forehead to Knee

### Rhonda's Three Key Hot Yoga Secrets:

1. "Lock the Knee" means contract the quadricep, NOT force the knee back; lock and lift the quad muscle up, off the kneecap
2. Suck the stomach in, lift the chest up, THEN swoop forward and clasp all 10 fingers under the ball of the foot
3. When you DON'T feel any ache in your standing leg, you're ready to kick out

**BONUS:** Kick with a bent standing knee you're in "Dear God Keep Me From Blowing My Kneecap Out Pose." Don't go there; LOCK, LOCK, LOCK the standing leg. When you see a dimple above your standing kneecap, you're locked and loaded; KICK OUT!



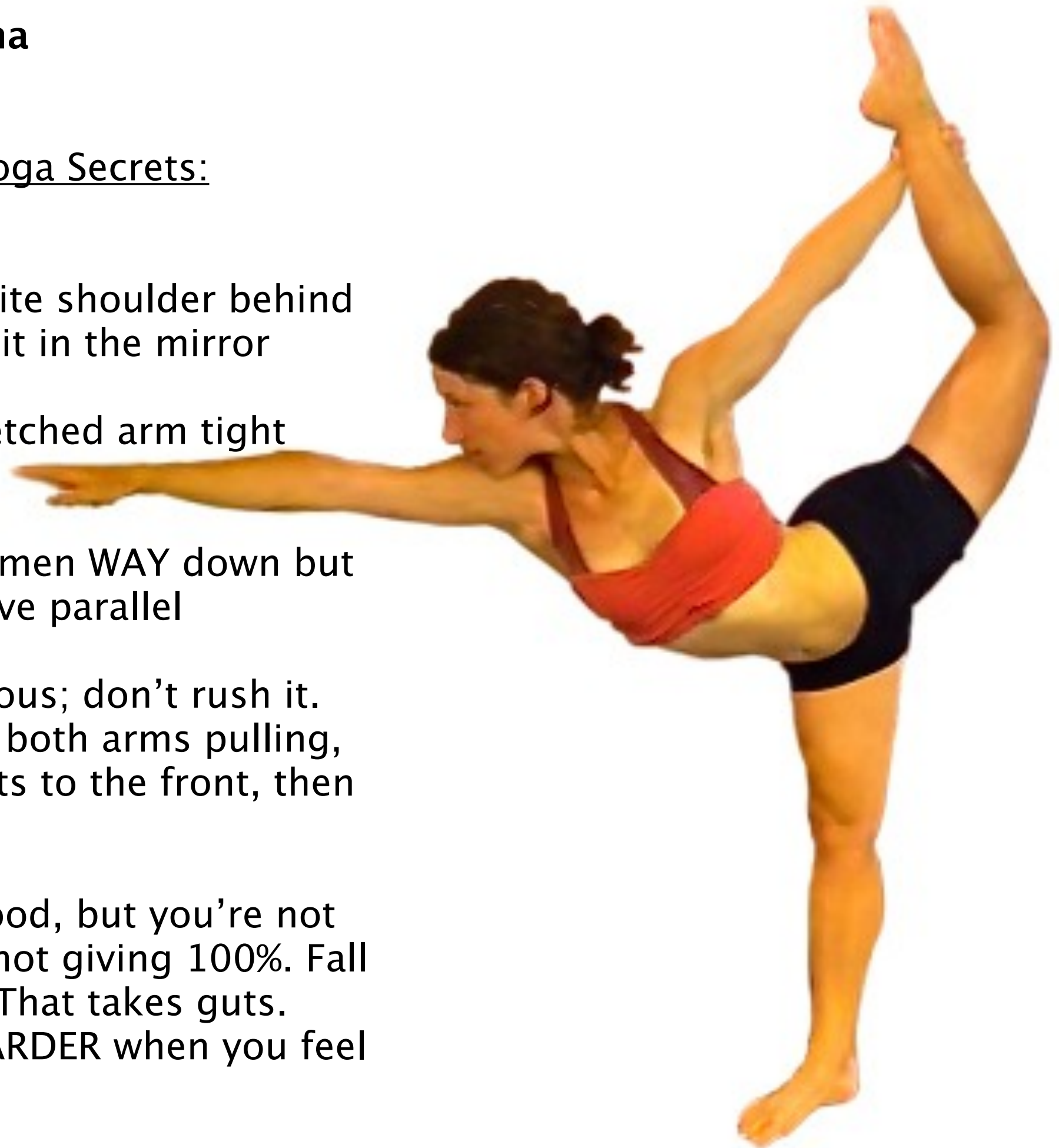
# Dandayamana Danurasana Standing Bow Pulling

## Rhonda's Three Key Hot Yoga Secrets:

1. **INHALE** Pull your opposite shoulder behind you until you don't see it in the mirror
2. **KICK** – Keep the outstretched arm tight against the ear
3. **KICK** – lower your abdomen **WAY** down but keep the arm lifted above parallel

**BONUS:** This pose is gorgeous; don't rush it. Build carefully: leg locked, both arms pulling, hips squared like headlights to the front, then to the floor.

**BONUS 2:** Sure you look good, but you're not getting anything if you're not giving 100%. Fall out? **CONGRATULATIONS!** That takes guts. Come back in and **KICK HARDER** when you feel yourself falling.

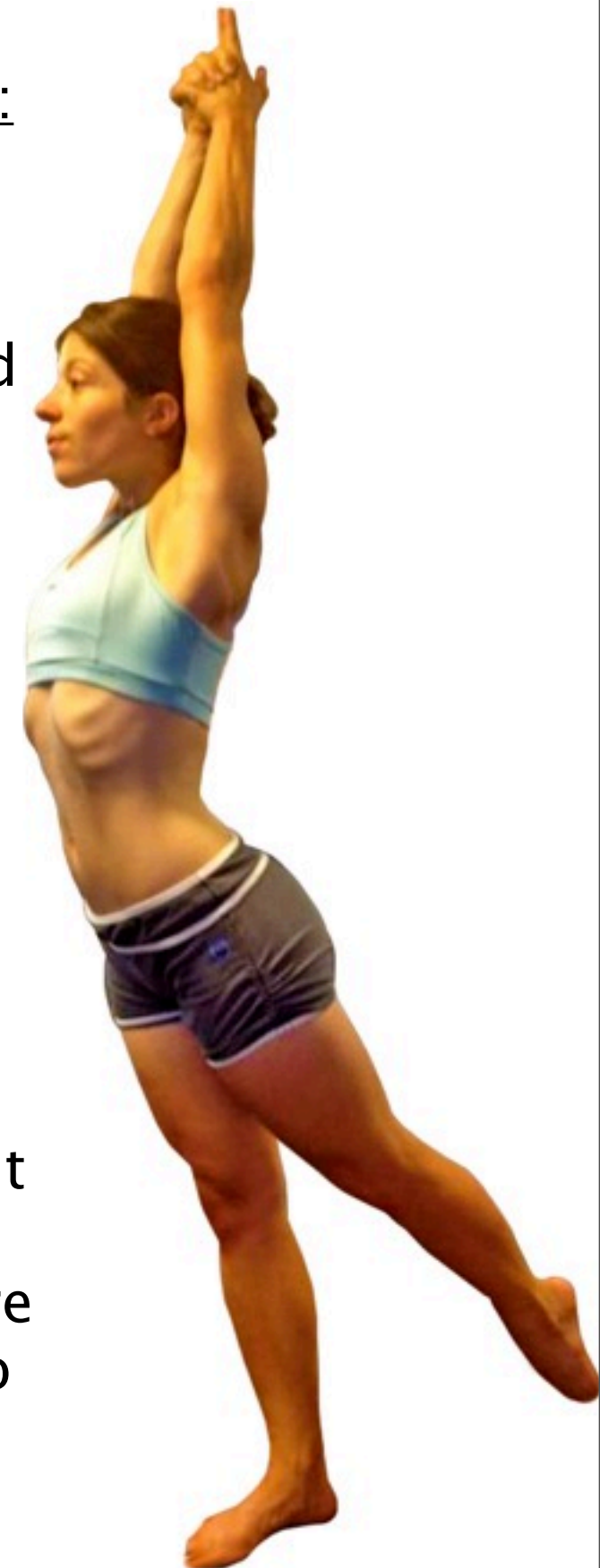
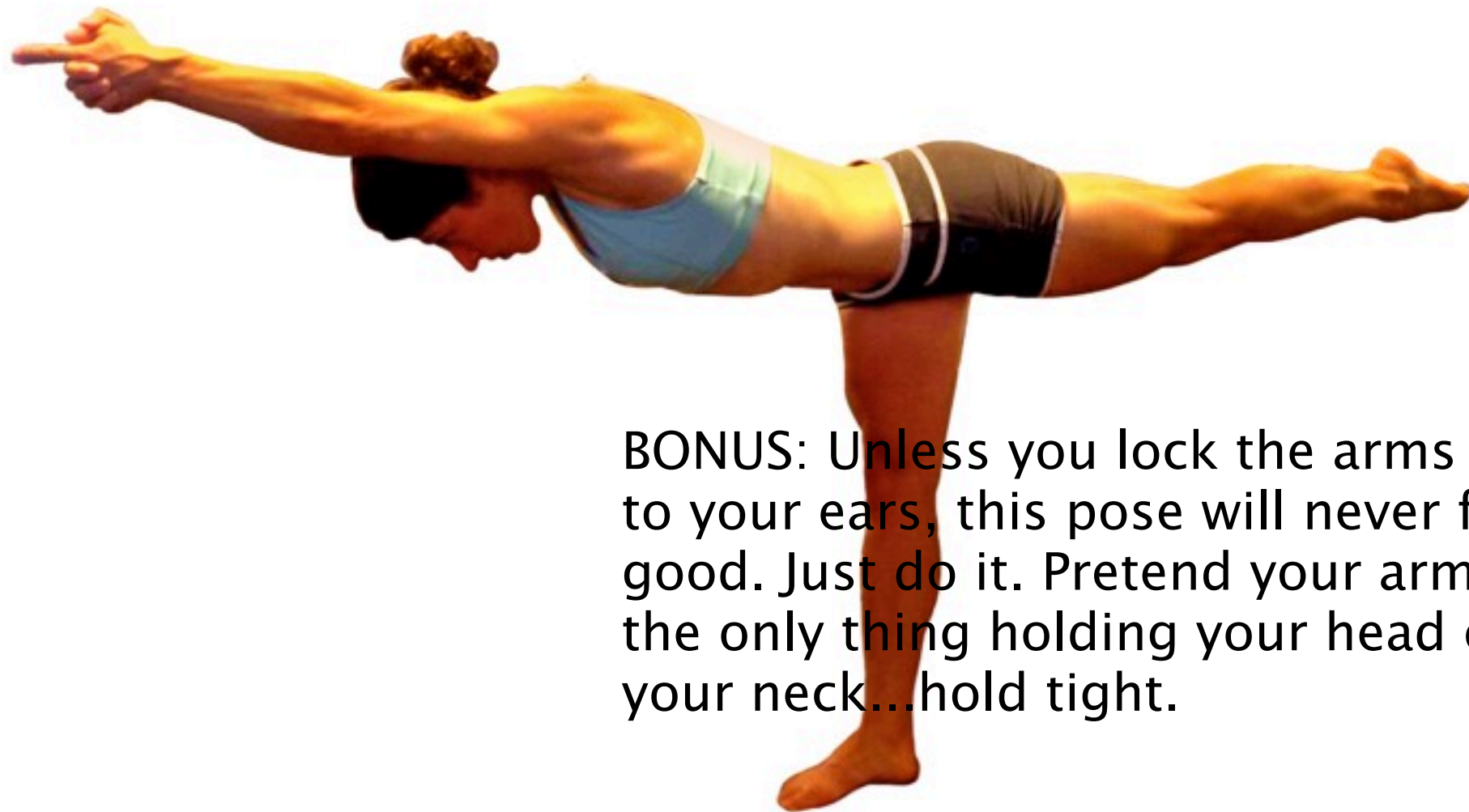




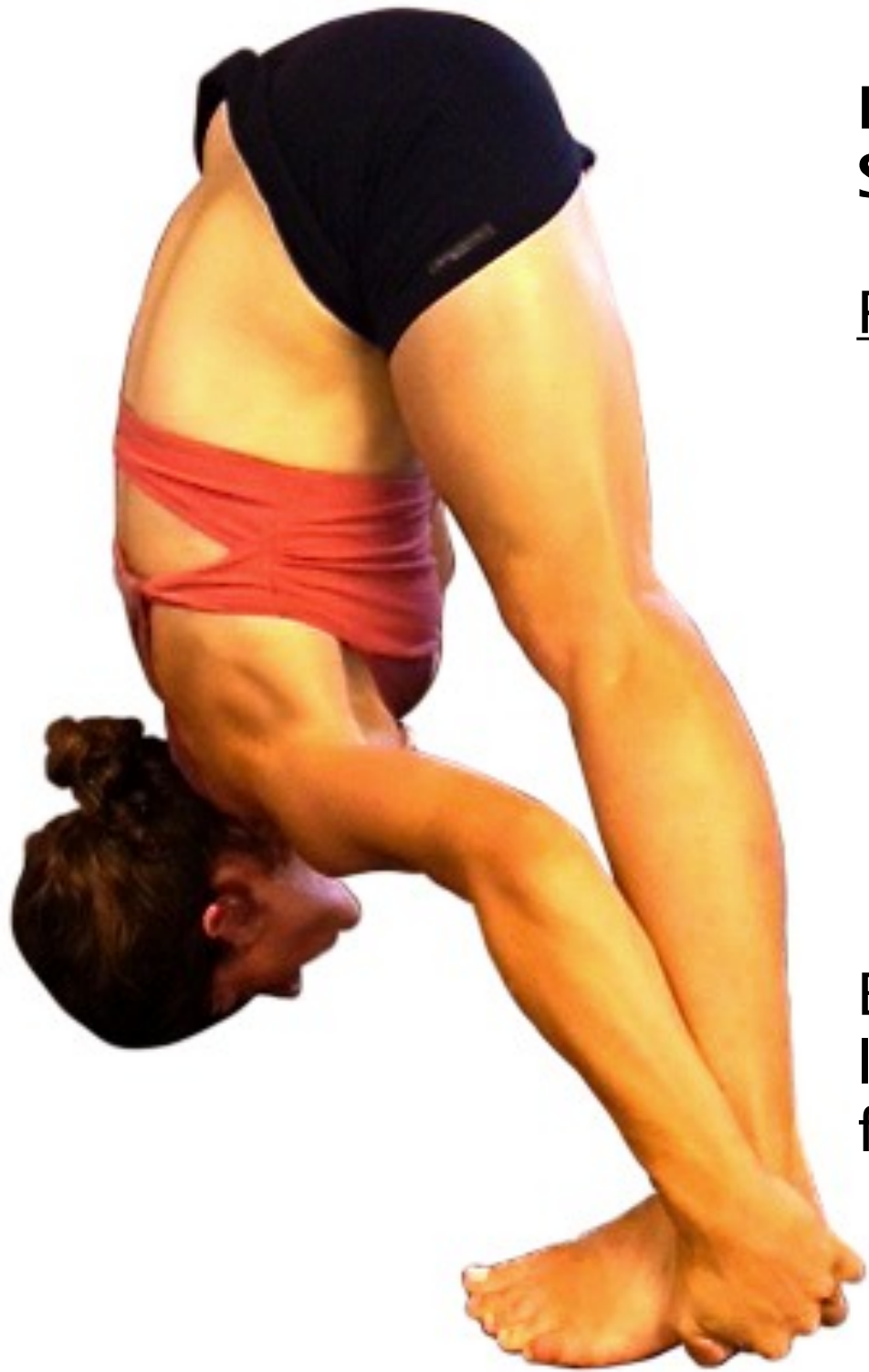
# Tuladanasana - Balancing Stick

## Rhonda's Three Key Hot Yoga Secrets:

1. Lock the arms against the ears
2. **INHALE** Stretch up before you bend and become The Human Letter T
3. Keep the arms locked above the ears as you go down



**BONUS:** Unless you lock the arms tight to your ears, this pose will never feel good. Just do it. Pretend your arms are the only thing holding your head onto your neck...hold tight.



## Dandayamana Biphaktapada Paschimottanasana Standing Separate Leg Stretch

### Rhonda's Three Key Hot Yoga Secrets:

1. Swan Dive looking forward, pulling forward – long, flat back
2. Pull the elbows to the shins – no separation ever
3. Pull up from the lower back and lengthen

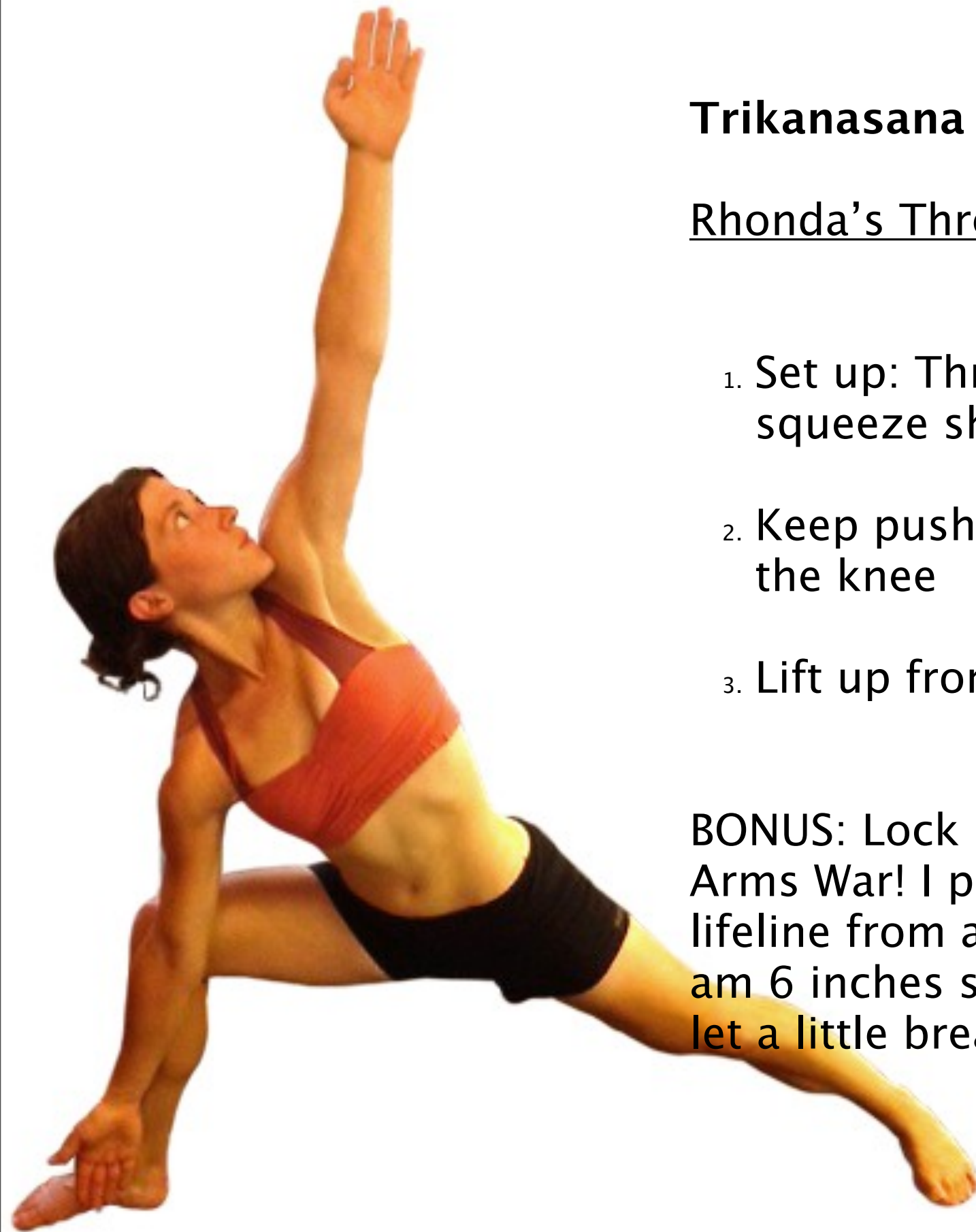
**BONUS:** Reverse the swan dive as you come up, leading with your chin and chest, pulling from fingertip to fingertip.

## Trikanasana – Triangle Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Set up: Thrust chest and belly up and out, squeeze shoulder blades together
2. Keep pushing the elbow against the inside of the knee
3. Lift up from the chest

**BONUS:** Lock Both Arms and PULL in the Tug of Arms War! I pretend someone is throwing me a lifeline from a helicopter; I'm in the ocean and I am 6 inches short of life or death. Am I going to let a little breathlessness stop me? Would you?



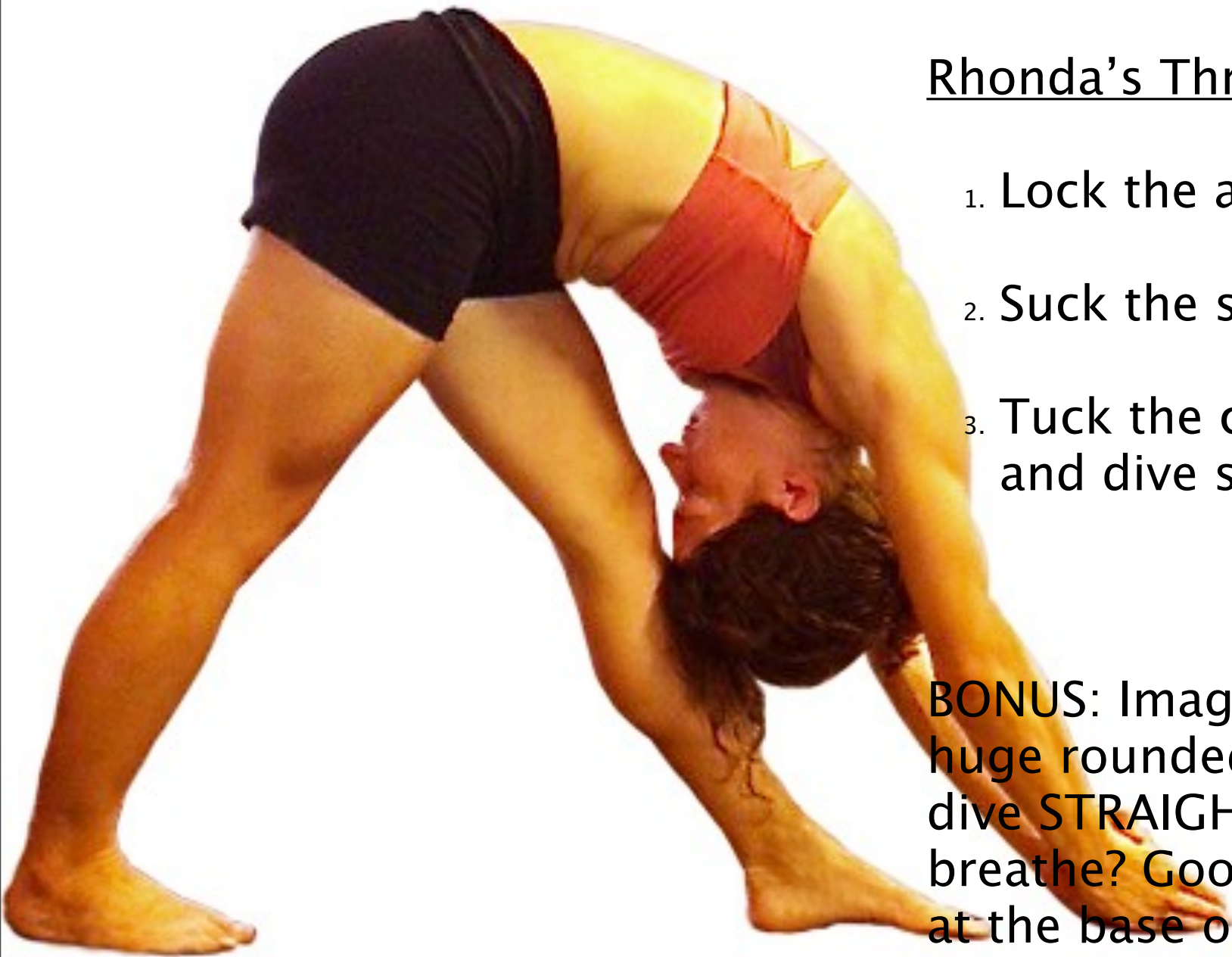


## Dandayamana Biphaktapada Janushirasana Standing Separate Leg Forehead to Knee

### Rhonda's Three Key Hot Yoga Secrets:

1. Lock the arms beside ears
2. Suck the stomach in
3. Tuck the chin hard between the collarbones and dive straight down

**BONUS:** Imagine you are a Halloween Cat – huge rounded back, hollowed out middle. And dive **STRAIGHT DOWN** – not forward! Hard to breathe? Good – you're massaging your thyroid at the base of your throat. Take small inhales, longer exhales



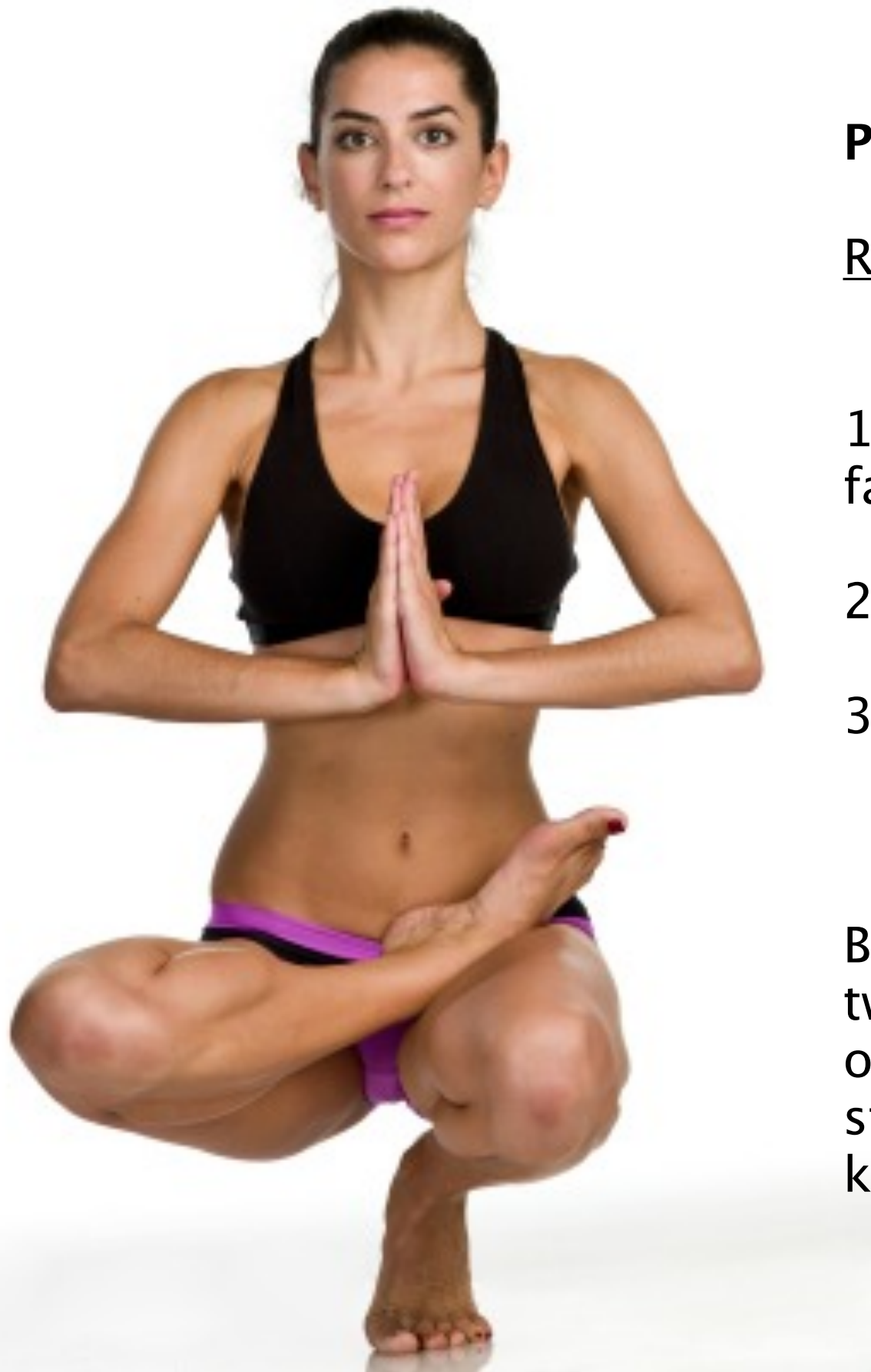


## Tadasana: Tree Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Use the arms like a pulley: lift the heel high into the hip crease
2. Press your thumb-edge into the sternum
3. Tailbone down, hips forward, THEN press the lifted knee down and back

**BONUS:** Tadasana is called Mountain Pose in all other Hatha Yoga except Hot Yoga; here it is called Tree Pose. Either way, trees and mountains are solid, stable forces, like you.



## Padangustasana: Toe Stand

### Rhonda's Three Key Hot Yoga Secrets:

1. Let your arms dangle to the floor and fall forward into your fingertips
2. Hover your hips a bit over your heel
3. Press your palms together tight

**BONUS:** If you've taken more more than two hot yoga classes, try toestand. Come on what's the worst that can happen? Sit straight up; square your hips and both knees to the front mirror, smile.





## Savasana – Corpse Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. No flopping, slamming, or fixing your towel, mat, hair, clothes.
2. Let the floor come up to support your body
3. Heels touch, toes flop out: Charlie Chaplin feet

**BONUS:** Repeat this mantra: I am THE Master of doing nothing. It's hard to convince yourself that this is valuable. Take a pose off and lie still in Savasana; you are giving yourself a chance to heal.

## Pavanamuktasana – Wind Removing Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. All ten fingers are clasped, especially those thumbs
2. Wedge both elbow tips into your waist
3. Keep both shoulder blades on the mat

**BONUS:** You may be able to pull your knee to your armpit, but you will only feel your hip open when you keep your elbows tucked in tight.

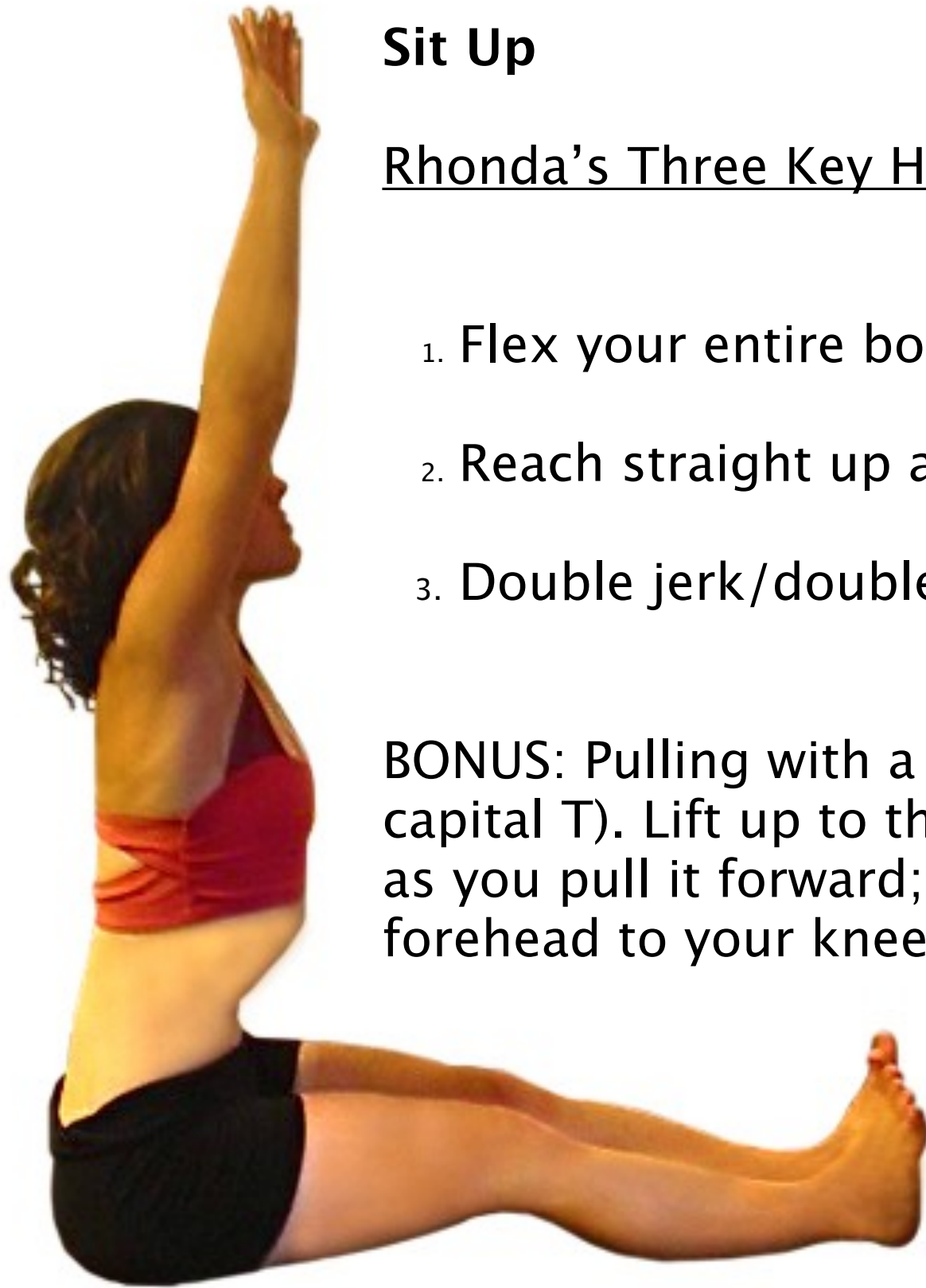


## Sit Up

### Rhonda's Three Key Hot Yoga Secrets:

1. Flex your entire body
2. Reach straight up and touch the ceiling
3. Double jerk/double exhale, with a flat back

**BONUS:** Pulling with a rounded back is Trouble (with a capital T). Lift up to the ceiling, then keep the long and flat as you pull it forward; round only when you drop your forehead to your knee.



## Bhujangasana: Cobra Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Lift on the exhale
2. Press the tops of the thighs to the mat to lock your legs
3. Pull the elbow tip back to the hips

**BONUS:** The more locked you are before you move, the better you will feel in this pose (and all the poses actually).

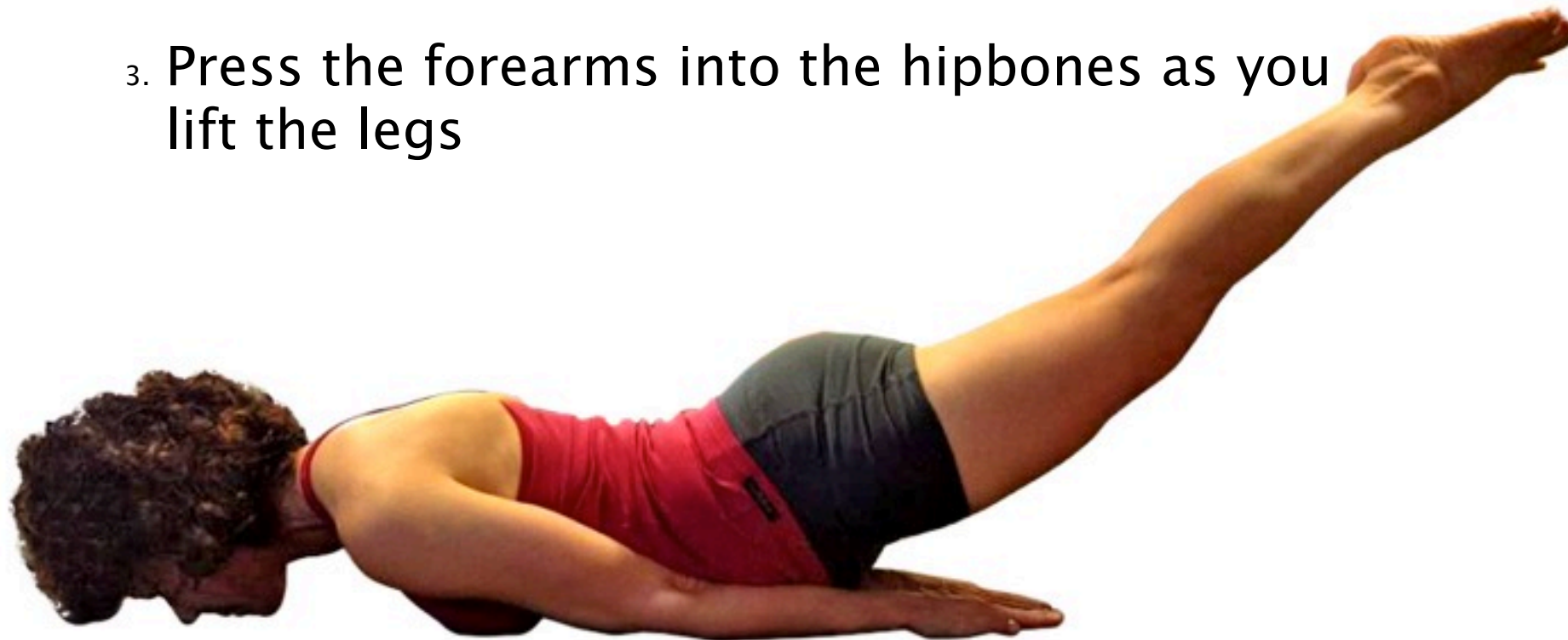




# Salabhasana: Locust Pose

## Rhonda's Three Key Hot Yoga Secrets:

1. Lock the arms together
2. Lock the legs together
3. Press the forearms into the hipbones as you lift the legs



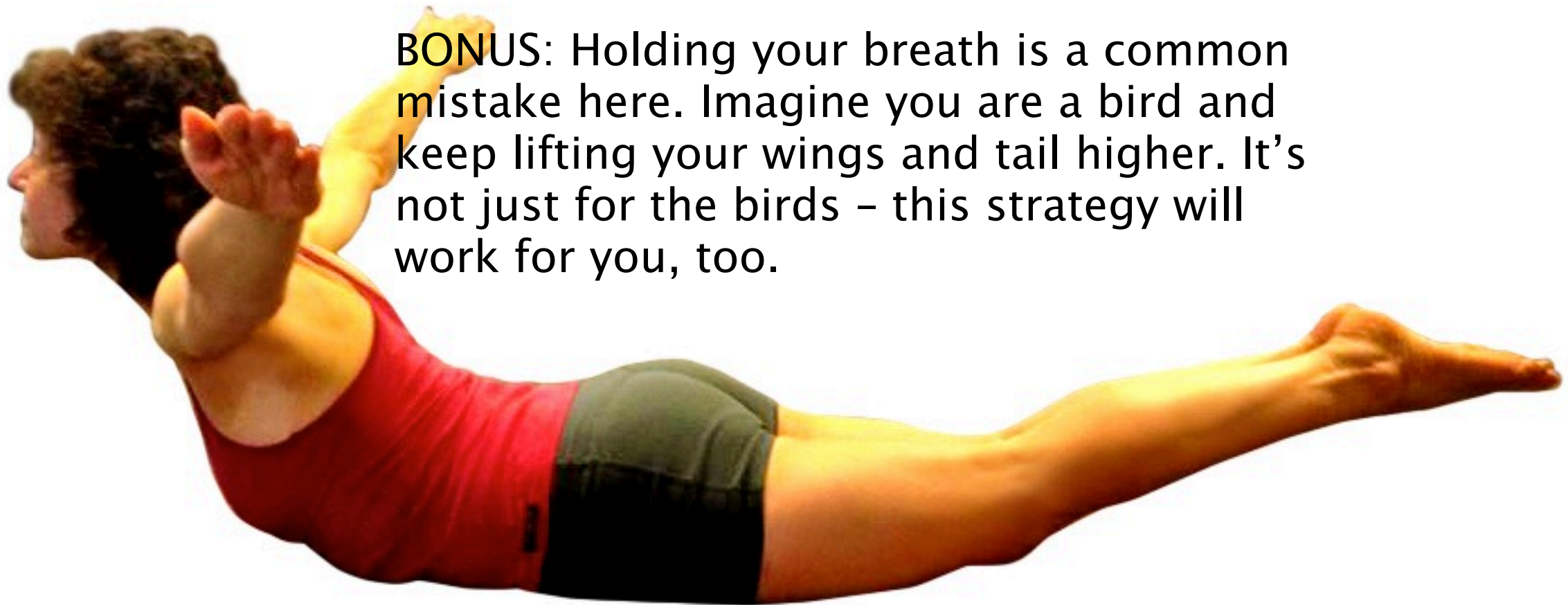
**BONUS:** Everyone has a love/hate relationship with Locust (it is one of the Biblical plagues, no?) As always, lock before you lift – arms, hands, legs, and of course, get into a lip-lock with your mat. One day your legs will just float up. Until then, lock with love.

## Poorna Salabhasana- Full Locust Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Arms out in a T position
2. Lift up on the exhale
3. Don't look at yourself in the mirror, lift your chest, chin and eyes up

**BONUS:** Holding your breath is a common mistake here. Imagine you are a bird and keep lifting your wings and tail higher. It's not just for the birds – this strategy will work for you, too.



## Dhanurasana – Floor Bow

### Rhonda's Three Key Hot Yoga Secrets:

1. Pull your knees in as you kick, to keep them parallel
2. Kick from the thighs, not the feet
3. Point your big toes and kick straight up

**BONUS:** Kick hard, chin up; glance at yourself in the mirror. If you see your knees behind you, pull them in until you don't... and kick harder.



## Supta Vajrasana: Fixed Firm Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Wiggle your heels apart with your hips; keep your feet tight against your hips
2. Take deep belly breaths
3. Push your hips down on the mat

**BONUS:** Resist saying, "I can't do that pose because I have bad knees." Say, "I am working on it." A good attitude is the start of better-feeling knees.





## Ardha Kurmasana – Half Tortoise

### Rhonda's Three Key Hot Yoga Secrets:

1. Lock your arms to your ears and stretch up
2. Point your tailbone down (you probably didn't realize you were thrusting back)
3. Stretch up again just before you come down

**BONUS:** Press between the eyebrows and you're massaging the pituitary gland and balancing your hormones, and massaging the pineal, balancing your biorhythms. Drugs can't measure up to your internal pharmacy.



## Ustrasana- Camel Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. With your hands on your lower back, match together the blades of your pinky fingers
2. "Belt" your elbow tips together behind you
3. Keep lifting your chest

**BONUS:** It's normal to feel dizzy, lightheaded (who wants to be heavy-headed?) nauseous, even emotional in Camel. Fortunately this will all balance out as you get into Savasana, quickly and gracefully.



## Sasanghasana – Rabbit Pose

### Rhonda's Three Key Hot Yoga Secrets:

1. Grab your heels with thumbs on the ankles, heels in your palms
2. Drop the towel; hold on with sweaty hands
3. Curl ever more inward as you pull

**BONUS:** Pretend to be a snail reaching for the inside of your shell with the top of your head. Lean back before you curl in. Looking at your navel. And pull, pull, pull.



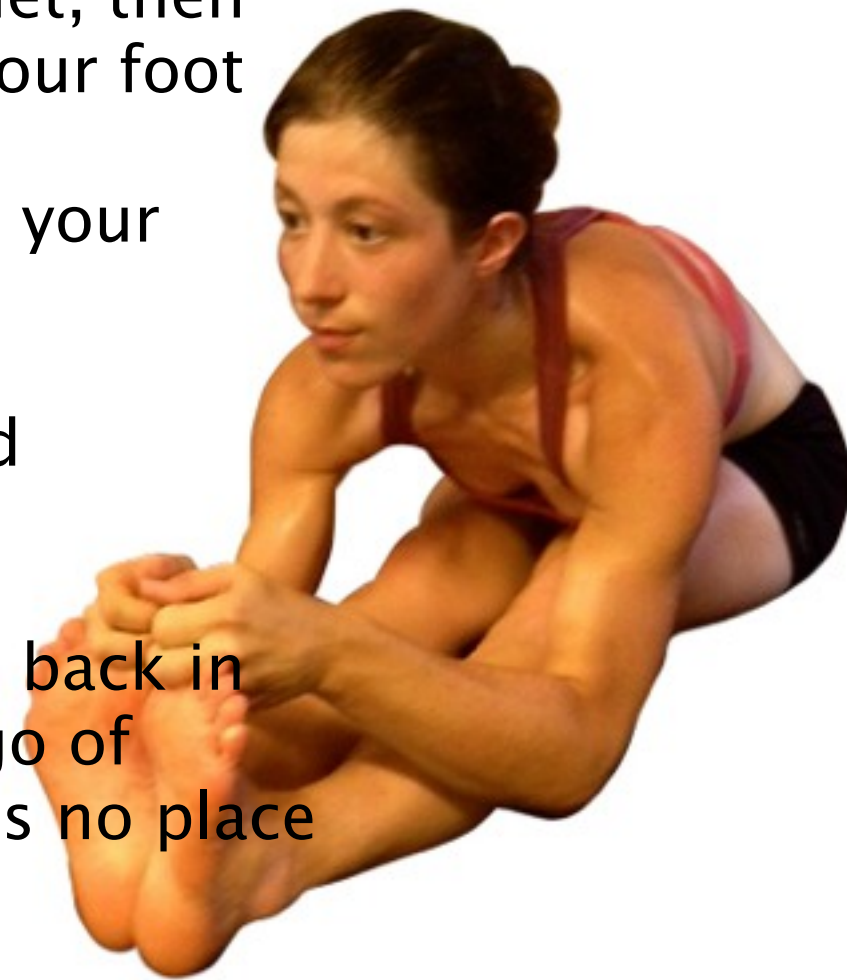


## Janushirasana with Paschimottansasana Separate Leg Stretching

### Rhonda's Three Key Hot Yoga Secrets:

1. Clasp your hands overhead into a net, then throw your net around the ball of your foot
2. Pull the shoulders down and center your chest over your thighs
3. Relax your elbow tips to the ground

**BONUS:** The biggest thing holding you back in this pose is your unwillingness to let go of struggling. Surrender, Dorothy. There's no place like home and you're almost there.



## Ardha Matsyendrasana – Half Spinal Twist

### Rhonda's Three Key Hot Yoga Secrets:

1. The arm behind you is your kickstand – make it firm
2. Keep your head level
3. Don't fix your gaze; keep looking further behind you

**BONUS:** Lift your spine and get lots of space between the vertebrae before you twist. Inhale/lift; exhale/twist.





## **Kaphalbhati: Breath of Fire**

### Rhonda's Three Key Hot Yoga Secrets:

1. Point your tailbone down and straighten up
2. Lock your elbows
3. Keep your jaw relaxed and exhale a soft SHH-SHH

**BONUS:** Lock your arms against the sides of your breasts so each exhale pumps the lymph glands under the armpits. Just another of the many ways a simple breath can support you.



## Thank you for reading this eBook!

Hot yoga can seem daunting... relax; you're up to the challenge of doing this unique and amazing thing for your body and your mind.

A sense of humor helps. Approach hot yoga with a smile, and you'll enjoy it as it heals you.

The potential of hot yoga to balance your life, calm your nerves, rebuild your flexibility, and help you enjoy living life is limitless.

Ready to get started?

When you're looking for a hot yoga class, Google Hot 26 Yoga or Bikram Yoga; because not all "hot" classes are Hot 26, and this is key: these 26 poses, done in this sequence.

Want to be inspired?

Read what [people say about hot yoga](#).

Questions? [Email and ask me anything](#) about hot yoga

When you're not in yoga class stay connected by joining our exciting online yoga community at [Riverflow Yoga](#).

Connect with like-minded people and access exclusive hot yoga articles, videos, meditations, and yoga FORUMS. Share ideas, answers and experiences about hot yoga and other areas of your life that need balance such as diet, career, money, relationships, and much more.

Ready to delve deeper? Explore the first ever [Virtual Hot Yoga Teacher Training](#) - online yoga education, with the full support of expert yoga coaches, teachers and a growing online yoga community LIKE US on FACEBOOK for updates and yoga fun.

***Life is supposed to be fun...enjoy it more through hot yoga!***

