

GUIDE

Hot yoga safety: heat, hydration and who should be careful

What hot yoga rooms actually reach, the documented risks, and how to practise safely.

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Contents

How hot is the room? ····· 5

The documented downsides ····· 5

Who should be careful or skip it ···· 5

How to practise safely ····· 5

Hot yoga means yoga in a deliberately heated room. The heat is real, the risks are real, and most are manageable with preparation. Sources below were fetched on 2026-11-13.

How hot is the room?

Cleveland Clinic (published 2021-06-01) says most hot yoga classes set the room between 90 and 105 degrees Fahrenheit, against a normal room temperature of 68 to 72 degrees. MedlinePlus describes Bikram-style classes as 26 poses in a room heated to 95 to 100 degrees Fahrenheit (35 to 37.8 degrees Celsius). The heat is meant to warm muscles and deepen stretches; Cleveland Clinic notes the claimed benefits are reported more than proven in research.

The documented downsides

Cleveland Clinic lists the common problems: dehydration, higher risk of injury from overstretching, dizziness, lightheadedness and trouble breathing. Because the heat masks how hard you are working, it is easy to push past your limit. MedlinePlus advises bringing water to hot yoga classes specifically.

Who should be careful or skip it

- **Pregnancy.** Cleveland Clinic says hot yoga is not suggested during pregnancy, and ACOG's pregnancy exercise guidance (updated 2024-09, reviewed 2025-11) lists "hot yoga" and "hot Pilates" among activities to avoid because they can overheat you.
- **Heart conditions.** Cleveland Clinic advises against hot yoga with a heart condition.
- **Asthma.** Heat can aggravate asthma, per Cleveland Clinic.
- **Anyone new to exercise.** Cleveland Clinic recommends taking regular yoga classes first and trying heated classes only once you know your flexibility and pacing.

How to practise safely

Hydrate before, during and after class. Tell the instructor about health conditions. Start with a shorter or lower-heat option if offered. If you feel dizzy, lightheaded or cannot breathe deeply, return to a stable position or leave the room until you feel better, as Cleveland Clinic advises. Stop rather than push through.

Frequently asked questions

How hot is a hot yoga room?

Cleveland Clinic reports most hot yoga classes run at 90 to 105 degrees Fahrenheit. MedlinePlus gives Bikram-style classes as 95 to 100 degrees Fahrenheit.

Who should avoid hot yoga?

Cleveland Clinic says hot yoga is not suggested for pregnant people or those with a heart condition, and heat can aggravate asthma. ACOG advises avoiding hot yoga during pregnancy.

Sources

health.clevelandclinic.org — https://health.clevelandclinic.org/is-hot-yoga-right-for-me
medlineplus.gov — https://medlineplus.gov/ency/patientinstructions/000876.htm
acog.org — https://www.acog.org/womens-health/faqs/exercise-during-pregnancy