



PRESS RELEASE

The Hot Spot Yoga

Telephone 020 3696 6050

Embargoed until 00.00 February 18th 2017

STEAMY 'HOT' YOGA IN FULHAM FOR £10

The Hot Spot Yoga company, based in Fulham London now offers morning classes from 6.30am to 12.30pm for £10. These off-peak times are appealing to customers who are perhaps outside the 9-5 hours such as freelancers, stay-at-home mothers, shift workers etc.

Bikram or 'Hot' yoga has 26 poses and 2 breathing exercises performed in a room heated to over 100 degrees. This trending heat yoga gives a range of incredible health benefits. The heat helps the body detoxify and lessens resistance to the postures increasing blood flow, healing lower back pain, joint problems, arthritis, stress and tension. Bikram is suitable for beginners and more advanced students alike.

At Hot Spot all of our staff are certified teachers, and many specialise in other yoga disciplines. Our key staff include:-

Melissa McIntyre Our Studio Director began practising in 2006, leading to her purchase of the premises. Her teaching style is relaxed and reassuring.

Brittney Emley is a Bikram Yoga and nursery school teacher qualified in the Bikram pregnancy sequence and children's yoga.

Sanjai Verma Sanjai teaches Bikram yoga and is also qualified in deep tissue massage, spiritual therapy and is a Reiki master.



Reviews on our Facebook include:-

Hanna Wrobl *"5*, lovely little studio in Parson Green! Where I had my first Bikram class ever.*

Wonderful staff and great teachers xx"

Frederica Rocco di Torrepadula *"Went back today after 6 months break. Monde is an amazing teacher.*

The studio looks amazing, and Melissa is a wonderful owner".

NOTES TO THE EDITOR

- **THE HOT SPOT YOGA COMPANY**

Info@thehotspotyoga.com

Tel. 020 3696 6050

- **Offering Bikram Hot Yoga Classes**
- **Since 2006 for 11 years.**
- **Based in Fulham, South West London.**

26 Heathman's Road, Fulham, London, SW6 4TJ, UK

- **Studio Director: Melissa McIntyre**
- **Would this release be of interest to your features department?**