

To: jeevacation@gmail.com[jeevacation@gmail.com]
From: [REDACTED]
Sent: Tue 9/8/2009 4:20:15 PM
Subject: ALSO...

there are some really big issues with hot yoga - the first is technique (i published an article about peripheral nerve injury in yoga patients in the past). the second is hydration. if you aren't hydrated you will get really messed up as your body tries to regulate temp.,...