
TIPS FROM DR. CARLY, N.D.

How to Maximize Your Morning Yoga Practice

REST

Sleep is extremely important for recovery as it allows your muscles to recover and repair. Give yourself time to wind down at night (no electronics one hour before bed!) and sleep in a dark room or with an eye mask.

HYDRATE

We get dehydrated while we sleep so it's extra important to drink first thing in the morning, especially before and during morning yoga class! Try to drink 2 full glasses of water immediately upon waking to feel your best. Adding lemon (or more!) will provide even more benefits!

NOURISH

Try to eat 1.5 to 2 hours before yoga to give yourself time to digest. If that's too early, at least make sure you have a small quantity of protein and carbs before class. Don't practice on an empty stomach! A handful of almonds or an energy bar and a bit of juice or smoothie are perfect!



Hydration is Key!

Without proper hydration, our bodies cannot detoxify properly. When we are well-hydrated, our bodies can and will release toxins from our fat cells through exercise and excrete them through our sweat, breath and urine. Not only does proper hydration assist in the breakdown of stored fat, it assists in body temperature regulation, the absorption and metabolism of nutrients from food, it prevents premature aging and skin sagging, decreases appetite, and is essential for energy production in every cell of our bodies!

We can lose an entire litre of water through breath and sweat in 60 minutes of hot yoga!

It's important that you come to class already hydrated since it takes about 45 minutes to process water. Drink 2 cups of room-temperature water immediately upon waking to replenish the water lost while sleeping (through sweat & metabolism). Add lemon to benefit digestion and detoxification, add ginger to soothe an uneasy morning belly, add a pinch of salt for extra minerals (that you will lose in yoga through sweat), and add some



Signs of dehydration / loss of electrolytes:

- Tiredness (dehydration is the #1 cause for fatigue!)
- Struggling in class / feeling like you've 'hit a wall'
- Headaches / brain fog
- Dizziness / lack of coordination
- Not sweating enough
- Muscle Cramping / Joint pain or stiffness
- Sluggish digestion

Sweating produces water loss as well as the loss of electrolytes (sodium, potassium, magnesium, chloride, phosphate, sulphate, calcium). Our bodies are made up of 80% water and so it only takes a small (ie. 2%) loss in body mass (water weight) to have profound effects. Check the colour of your pee for hydration status.. The clearer, the better!

Since it takes about 45 minutes for our bodies to process water, you can expect it to take time to replenish if you are already suffering symptoms of dehydration. Best to avoid this entirely, so drink up!

honey for extra energy for your yoga class. Consider slicing up lemon and ginger and preparing the mixture in a mason jar the night before so that it's ready on your bedside for when your alarm goes off! Then right away start to chug-a-lug!

Don't wait until you are thirsty to drink - the feeling of thirst means that you are already dehydrated! Drink lots of water throughout your day, and if you need reminders, set alarms on your phone for every 20-30 minutes, or set targets for your water bottle (ie. I will drink this whole bottle by 11:00am and another one by 2:00pm). You feel best and most energetic when you come to class hydrated and drink 2 full litres afterwards.

Replenish electrolytes, not just water!

We recommend electrolytes in both your pre & post-yoga drinks. Electrolytes affect all organs and all systems in the body - regulate water balance, heart rate, pH levels (acidity) and muscle contraction. When electrolytes are depleted, your body can't send signals properly (ie. muscle cramping). The Ultima Replenisher we sell is a great option and so is coconut water. Say 'No' to sports drinks like Gatorade though! Here's a natural electrolyte recipe:

A graphic with a blue background and a white scalloped border. At the top, a white speech bubble contains the text "Hydration Tips". Below it is a Polaroid-style photo of a woman with long blonde hair, identified as Dr. Carly King, Naturopathic Doctor, holding a glass of yellow liquid. To the right of the photo is a white rounded rectangle containing a recipe for "Natural Electrolyte Replacement Recipe: GINGER-LEMON TEA".

Hydration Tips

*Dr. Carly King
Naturopathic Doctor*

Natural Electrolyte Replacement Recipe:

GINGER-LEMON TEA

- 3-4 SLICES OF FRESH GINGER
- JUICE OF HALF A LEMON
- ¼ TSP SEA SALT
- 1-2 TBSP RAW HONEY
- 3 CUPS OF HOT WATER



Easy Energy Bars:

- 1 cup of toasted whole almonds
- 1 cup of pumpkin seeds
- 1 cup of dried cranberries
- 1 cup of chopped, pitted medjool dates

Blend 1 cup toasted whole almonds in a food processor, scraping down sides if needed, until paste starts to form into a ball.

Add 1 cup each of pumpkin seeds, dried cranberries and chopped pitted dates to the mixture and process or blend until well combined.

Line a loaf pan with plastic wrap and press the mixture firmly onto the bottom of the plastic-wrapped pan.

Cover with plastic-wrap and refrigerate until firm, about 1 hour.

Remove from pan and cut into 10 bars.

Keep in a covered container, refrigerated up to 2 weeks.

Maximize Nutrition!

What you eat influences what you get out of your yoga practice. Proper nutrition maximizes fat burn and weight loss, lends to the development of lean muscle, boosts energy, aids in the detoxification process, and helps with muscle recovery. Aim to eat whole foods every 3 to 4 hours to keep blood sugar levels stable.

Try to eat 1.5-2 hours before your class and never skip breakfast! If you have an uneasy morning stomach, try adding ginger to lemon water and start with that first.

Never go to class on an empty stomach!

At the very least, have some protein and carbs before you practice. A handful of almonds for protein and a cup of juice for carbs. Or make the 'easy energy bar' recipe to the left or 'power ball' recipe on the next page and have one of those before your class.

Carbohydrates will fuel you in class and protein will aid with muscle repair and recovery (and so that you're not starving all day!).

A balanced breakfast of carbs (ie. whole grain oats), protein (ie. eggs, nuts, beans) and foods high in water (ie. green smoothie with apples, cucumber, spinach) is ideal, but if you're going all out, give your body time to digest before class or you might feel nauseous.

Try to avoid caffeine (especially before class!), but if you have a coffee, replenish with 2 cups of water after!

Avoid sugar as much as you can (it suppresses your immune system and wreaks havoc in general!) and eat protein after class. A smoothie with a scoop of protein powder is super easy and effective!



Power Balls:

- 3/4 cup of raw almonds
- 6 tbsps of protein powder
- 8 fresh, pitted medjool dates
- 1 tbsp of cocoa powder
- 1/2 tbsp of vanilla extract
- 1/4 tsp of ground cinnamon
- shredded coconut for rolling

Put the almonds, protein powder, cocoa and cinnamon in a blender or food processor and blend until smooth.

Add the dates and vanilla extract, and blend some more.

Remove the protein mixture into a large mixing bowl. Mix in a splash of water until you feel the mixture come together.

Roll small 1-inch balls with your hands (the mixture should hold easily), and then roll in coconut.

The protein balls keep for a couple of weeks in the fridge.

Rest, Recover & Energize!

Following the hydration and nutrition advice above will help with energy and recovery. Be conscious of your limits and respect them. Move slowly and mindfully to a point where your muscles feel challenged, but where you can still breathe deeply. Never stretch to the point of pain.

Take rest when your body asks you for it

If you feel lightheaded, dizzy or otherwise ill at any point during the practice, take a break. Sit down on your mat, go into child's pose, or lie down. Listen to your body and quiet your ego.

Epsom salt baths help to soothe sore muscles (your body absorbs magnesium, a natural muscle relaxant) and are a great way to wind down at night and prepare for deep rest. Chamomile tea, passionflower tea, and Sleepytime tea are also helpful, as is lavender essential oil on your pillow and/or eye pillow.

Try Acupressure points for increasing energy

Apply pressure to these points for a minute or longer using the tip of a finger, or for increased effectiveness, with the tip of a fingernail.

- **GV 26** (located between your upper lip and nose, about one-third of the way down from the bottom of your nose) to increase mental alertness and physical energy
- **ST 36** (located four finger widths down from the bottom of your knee cap, along the outer boundary of your shin bone) to increase energy (and also great for digestive issues)
- **KD 1** (located in the center of the sole of your foot) one of the best points for grounding energy; taking energy and thoughts away from your head; great for encouraging relaxation when your thoughts are running!
- **Yintang** (located in between eyebrows) a great grounding point for reducing feeling of stress or anxiety