

Shawna Jeavons heats up new studio for an effective workout

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Article Launched: 10/22/2008 11:02:40 AM PDT



Vanessa Hofmeister, Jami Abott, Sara Sheperd and Pete Swanton in the Triangle pose.
(Photo courtesy of Christa Ceck -The Willits News)

Yoga buffs will have another option to flex and stretch their muscles at Hot Yoga Willits. The new studio has just opened in the Evergreen Shopping Center.

Hot Yoga will be offering 13 classes a week, practicing yoga techniques in a space heated to 100 degrees.

"Adding the heat is a great way to dilate the blood vessels; the method is designed to work every organ in the body," explained Shawna Jeavons, owner of Hot Yoga Willits. "The addition of heat helps prevent soreness and speeds up the metabolic process to inhibit the growth of pathogenic bacteria and viruses; it speeds up the breakdown of glucose on fatty acids and makes you sweat."

In 2001, Jeavons took her first hot yoga class at Bikram Yoga College of India Humboldt in Eureka, then studied yoga training in 2005 with respected teacher Bikram Choudrey in Beverly Hills before opening her own studio in town.

Practicing hot yoga has gained worldwide appeal, Jeavons said, noting 60 percent of those participating in the exercise are men.

"It's a great all-over body tune up," Jeavons added. "Every session, we go over the total body and each portion of muscles. It's not like regular yoga, where only some groups are worked; it's a total body experience, and it puts everyone on the same playing field and everyone gets a great workout."

Poses consist of yoga stances, including the Triangle Pose (Sanskrit translation. Trikanasana), the Standing Head to Knee Posture (Dandayamana Janu Shirasana in Sanskrit), and the Standing Bow Pulling Pose (Dandayamana Dhanurasana in Sanskrit) among many others.

Another benefit Jeavons noted was the ability to develop self-discipline by practicing yoga.

"Some people come in to work on just that," Jeavons explained. "But the benefits aren't just to themselves, it starts to affect the world. If they can leave here relaxed and centered, they may exhibit more patience or awareness towards others."

"I once heard it takes the square root of one percent of the population to make change, and this is a great first step to work on a bigger level."

Jeavon's offered her favorite quote regarding Hot Yoga as inspiration for those interested in the practice: "It's never too late, you're never too old, you're never too sick, to start again from scratch." Bishnu Ghosh, (Bikram Choudrey's instructor).

Sanitary conditions also are high on Jeavons awareness, and along with a hepafilter and ionizer which remove bacteria from the air, studio carpets also are cleaned weekly by AccelaDry Carpet Cleaning with non-toxic and hypo-allergenic products. There also are air filters in the rooms to help improve and maintain clean, healthy air quality.

Jeavons also is looking into having classes at Hot Yoga Willits studio count as physical education credits for high school and charter school students.

To accommodate work schedules and offer a range of class times, Hot Yoga Willits is open five days a week, with both morning and evening classes. Classes are held Tuesday, Wednesday and Thursday at 6 a.m.; Monday and Friday at 9 a.m.; Monday, Wednesday and Friday at 6 p.m.; and Tuesday and Thursday at 5:30 p.m.

The studio is located at 1712D and E South Main Street.

Jeavons and Hot Yoga Willits can be reached by calling 489-1969 or by visiting hotyogawillits.com/.