

BIKRAM YOGA TEMPERATURE LOG

Standard Target: 105F (40.5C) & 40% Humidity

Instructor: _____

Date: _____

Studio Room: _____

Class Time: _____

TIME INTERVAL	TEMPERATURE (F/C)	HUMIDITY (%)	NOTES / ADJUSTMENTS
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Pre-Class (0 min)

Standing Series
(20 min)

Standing Series
(45 min)

Floor Series (60
min)

Floor Series (80
min)

Final Savasana
(90 min)

Post-Class Equipment Check / Maintenance Notes: