



Yoga is a great way to stay vibrant and healthy. And drinking purified water from Bluewater is a perfect companion to a yoga session (and in between) as it helps keep the body both charged and balanced as well as avoiding putting toxins back into it.

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## Celebrating International Yoga Day!

The Ayurveda, a science of mind-body health systems dating back thousands of years, says drinking 7–8 glasses of pure water every day is ideal for optimal health. Drinking pure water is essential to keeping your body fully charged and mind alert. According to *The Complete Book of Ayurvedic Home Remedies* by Vasant Lad, water is the manifestation of consciousness.

At [Bluewater](#), we believe in drinking water as pure as nature intended, without chemicals or pharmaceutical byproducts, which is why we've developed water purifiers to help create and maintain healthy bodies by removing practically all known contaminants.

As the world celebrates International Yoga Day, what about drinking water during a yoga practice? Some say do, some say don't. Those against say drinking during a session is distracting or reduces the detoxing benefits, while those in favour say it reduces the risk of overheating the body and causing dizziness or nausea.

Pre-hydrate and rehydrate are two golden rules to avoid becoming dehydrated as a result of doing your yoga exercises, especially if you are into hot yoga. Drinking 3 or 4 glasses of water in the hour or so running up to your yoga session will help you avoid cramps and stiffness. And drinking plenty of pure water after the session will ensure you replace lost fluids and help your joints and muscles recover from the exercise.

How much is plenty? Well yoga is very much about listening to your body. So, if your body tells you that it is lacking water, it's usually a good idea to give it some, even if it's just a few sips.

Drinking the *right* water is also important. Yoga can help cleanse and detoxify your body by ridding it of toxins by stimulating the circulatory, digestive and lymph and systems. Sadly, the tap water most of us around the world drink today is not as pure as nature intended and according to [studies](#) can contain contaminants such as lead, chemicals and micro-plastics. Drinking from single use plastic bottles also brings threats with research showing the water inside the bottles can be polluted as well.

"The water from a [Bluewater](#) water purifier is about as pure as you can drink, with practically all known contaminants removed," says Bluewater spokesman David Noble. "As our bodies comprise 60 percent water, yoga and Bluewater are natural partners when it comes to detoxing mind and body."

For more information, please contact David Noble, PR & Communication Director, at [david.noble@bluewatergroup.com](mailto:david.noble@bluewatergroup.com) or +44 7785 302 694

#NoSingleUsePlastics

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Founded 2013 in Stockholm, Sweden, Bluewater has set its sights on being the world's most planet-friendly water purification and beverage company by

innovating and marketing disruptive hydration solutions for home, work, and play. Bluewater products are available globally to consumers, hotel and catering operations, event and venue organizations, and educational institutions. [www.bluewatergroup.com](http://www.bluewatergroup.com)[IG1]

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