



INFRARED HEATED STUDIO SINCE 2012

Rather than heating the air, infrared heaters heat objects keeping the air around you cool. The rays produced by infrared heaters penetrate and warm you beneath the skin. In yoga practice, the infrared heat feels more like a dry heat instead of a humid heat. Infrared yoga also comes with tons of health benefits.

BENEFITS OF PRACTICING YOGA IN INFRARED HEAT:

- Burns hundreds of calories in 20-30 minutes
- Reduces stress and fatigue
- Strengthens the cardiovascular system
- Heals injuries faster and more efficiently
- Relieves pain and migraine headaches
- Eases joint pain and stiffness
- Relaxes muscles and increases flexibility
- Deeply cleanses skin naturally
- Removes toxins and mineral waste
- Improves the immune system
- Increases metabolism
- Helps fight cancer and generate healthy cells
- Removes heavy metals, toxins and pollutants from the tissues
- Decreases cellulite