

INFRARED HOT YOGA

Free Spirit Yoga & Pilates

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Our new **infrared hot yoga** heating / 5 stage air filtration system offers therapeutic, clean, healthy heat and is designed to provide effective protection against airborne bacteria, viruses, allergens, odors and other contaminants. Infrared heating is non-polluting and is more comfortable than conventional heat sources. Infrared heat provides many of the benefits of natural sunlight without the dangerous effects of uv radiation. It does not deplete oxygen or dry out the air. Our infrared heating / filtration system produces healthy negative ions offering a host of therapeutic effects on the body as it neutralizes air borne pollution. It is the smartest choice for keeping indoor air fresh, clean, germ free and because it does not use up oxygen in the room you will feel refreshed and rejuvenated during and after your Infrared Hot Yoga experience.

Infrared heat has many therapeutic effects on the body due to its penetrating ability deep into the tissues. It improves circulation, stimulates cellular metabolism, which increases oxygenation. It detoxifies on a cellular level, stimulates regeneration and healing and reduces inflammation, swelling and pain. Infrared heating improves your flexibility and cardiovascular system.

How does infrared heat work?

Infrared heat waves are invisible light waves. The heat that is produced by infrared heaters is radiant heat. It warms you up without warming the air in between, making it more tolerable than traditional heating systems. The infrared heat is absorbed by your body, heating you from the inside out.

As the infrared waves are absorbed by your body, molecules begin to vibrate, causing them to expel toxins, fat and impurities from your cells into your bloodstream, then releasing from your body in the form of sweat.

The result is an incredible detoxifying effect at a cellular level. This form of heat is safe and effective. Hospitals use infrared heat to keep premature babies warm.

80% of the light here on earth is infrared and it is a form of light that is easily processed by our bodies.

Health benefits:

Detoxification: Sweat produced by infrared heat contains approximately 20 % toxins compared to 3 % when sweat is produced by traditional heat and exercise. This is because infrared waves are absorbed more deeply into the cells of the body.

Increases Circulation: Infrared helps to release enzymes that increase the elimination of damaged tissues. During this process nitric oxide is released which helps expand capillaries and increases blood flow. This helps to lower high blood pressure.

Strengthens Cardiovascular system: as a response to an increased body temperature your heart rate will increase. This helps to strengthen the heart because the body is working harder to cool itself down. This will increase the amount of calories you will burn during your hot yoga practice.

Improved skin appearance: Infrared heat increases circulation and body temperature which causes perspiration. Sweating removes toxins, bacteria and dead skin. Infrared heat also stimulates the production of collagen, new cell tissues and rapidly increases skin regeneration thus improving skin tone, texture and elasticity.

Strengthens Immune system: Because the body temperature is elevated the infrared heat is in effect creating an artificial fever. Your immune system is stimulated and works to fight bacteria and viruses presently in your system.

Reduces pain: By increasing blood flow and because of the deep penetrating heat, infrared heat will help to eliminate joint and muscle pain. The increased blood flow helps to heal sore muscles and joints.

Reduces Cellulite: Infrared waves are deeply absorbed by the cells of the body, breaking down cellulite into a water soluble substance that can be eliminated through sweating.