

## ***CeramiCircuit™* and Hot Yoga**

When you are in a traditional Hot Yoga studio or Sauna, you are in a room with very hot, circulating air. When in a studio heated by a ***CeramiCircuit™*** Infrared Heating System, the infrared heat penetrates and warms your body primarily, and the air as a by-product, eliminating the scorching, drying effect of moving air which is inherent in all convective heating systems. This warming effect on your body stimulates your cardiovascular system, your immune system, and your lymphatic system. In addition to the Infrared heat triggering a profuse sweat, the water in our bodies resonates with Far Infrared Heat Energy, magnifying the detoxification process. It is no surprise that Yoga studios all over the country are turning to Radiant Electric Heat ***CeramiCircuit™*** Infrared Heating Systems to safely, efficiently and cost effectively heat up their sessions.

### **Benefits of using *CeramiCircuit™* Infrared in Hot Yoga Studios**

- Achieve and maintain high temperatures at a fraction of the cost of other HVAC systems.
- Burns hundreds of calories while reducing stress and fatigue.
- Strengthens the cardiovascular system.
- Heals injuries faster and more efficiently.
- Eases joint pain and stiffness while relaxing muscles and increasing flexibility.
- Deep cleanses skin naturally.
- Removes toxins and mineral waste.
- Improves the immune system.

