
Far Infrared Radiant Heat Has Emerged!

A holistic approach
to practicing yoga.

 emerge
POWER

Yoga in a far environment.



Far infrared is a valuable tool to achieve health, vitality and detoxification.

What is Far Infrared Radiant Heat (FIR)?

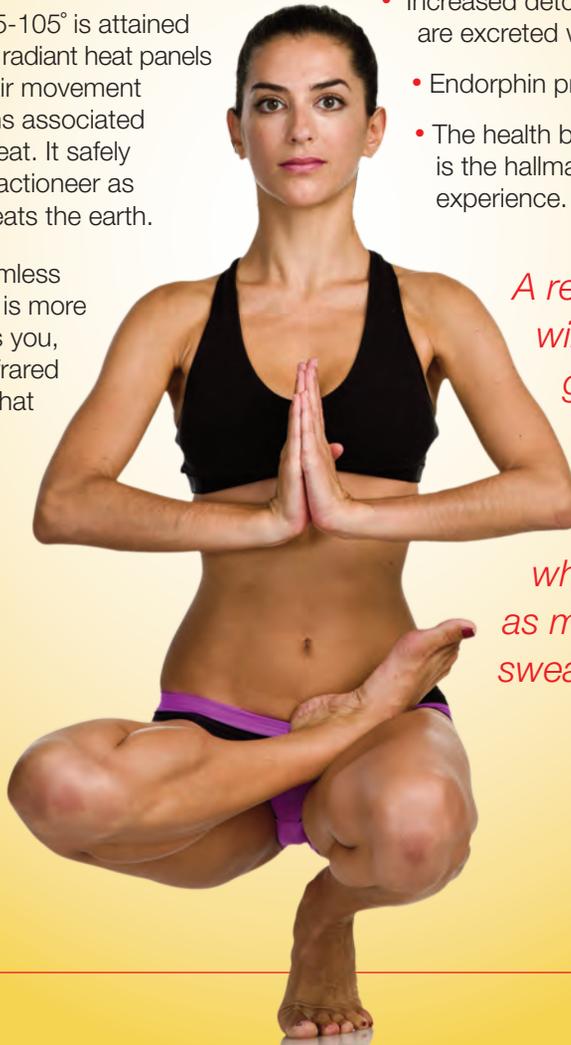
Far infrared radiant heat works with laws of physics, not against it. Radiant heat heats objects in its path which reradiate the heat to other objects, which then reradiate heat to the air. Far infrared radiant heat is different from conventional heat which heats air. Far infrared radiant heat panels heat in the long wave far infrared spectrum, the same energy that plants use to grow in the sun, without the dangers of the ultraviolet rays.

The requirement of 95-105° is attained with long wave far infrared radiant heat panels without any noise, dust, air movement or temperature fluctuations associated with traditional forms of heat. It safely and quietly heats yoga practitioner as comfortably as the sun heats the earth.

Far is considered harmless for humans. Radiant heat is more efficient because it warms you, not the air around you. Infrared heaters are safe enough that it used to heat premature babies in hospital incubators.

Advantages of a far infrared heat

- Body defense mechanisms strengthened
- Immune functions improved
- Blood flow improved
- Physical capacity improved
- Body temperature increased (higher metabolism, healthier cells, more breakdown of fatty acids)
- Increased detoxification as waste materials are excreted with sweat
- Endorphin production is stimulated
- The health benefits in a far environment is the hallmark of the heated yoga experience.



A reasonably fit person will perspire about 250 grams in a 20-30 minute far infrared radiant heat environment, which is approximately as much as they would sweat in a six mile run.

Our members know that we're not in the business of entertainment or selling goods. Our real value is making you, our members feel better, live longer and enjoying life to its fullest. The result is a fitness facility where members want to be, as opposed to feeling they have to be.

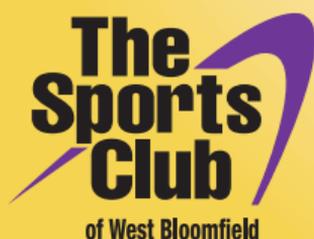
Come on, lets get healthy together.

Experience emerge **POWER**.
The new far infrared radiant heated yoga space.

Exclusively at The Sports Club of West Bloomfield.

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the best
Yoga is ~~better~~ here!



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There is really no other place like it.
