



Our 1,000 square foot state of the art studio is located in Overland Park, behind Starbucks and next to Mail and Copy Plus. Core Energy is heated with infrared heating panels.

Our **energy efficient infrared heating panels** are not only environmentally friendly but our bodies love this heat too! Infrared heat is the most natural heat as it most closely resembles the sun; minus the harmful rays the sun produces. Several studies have looked into the use of infrared heat in the treatment of chronic health problems, such as high blood pressure, congestive heart failure and rheumatoid arthritis and found the evidence to show benefits!

Basically, the heat warms the body and not the air, and when the heat is absorbed by the body it provides a number of benefits as it improves our bodily functions. When we sweat during an infrared hot yoga session we are sweating because our bodies are working out and not because it is hot in the room. Since infrared heat warms the body and not the air you will also notice you can breathe easily through poses.

There are many benefits of infrared panels:

- Weight Loss
- Increased Confidence
- Decreased Recovery Time From Injury
- Increased Collagen Production
- Increased Flexibility, Strength, Tone & Balance
- Increased Circulation
- Increased Focus & Mental Clarity, Less Stress & Anxiety
- Increased Vitality
- Improved Breathing
- Improved Blood Pressure & Cholesterol Levels
- Improved Workplace Satisfaction & Productivity
- Decreased Appearance Of Cellulite