



30 Day Unlimited Hot Yoga

#175



Starting Bid **\$75.00**

Retail Value \$165.00

1 Available

Donated by Sedona Hot Yoga

30 Day Unlimited Use of Sedona Hot Yoga sessions. Â Â

Hot Yoga facilitates deeper stretching, injury prevention, stress and tension relief, and systematically stimulates and restores health to every muscle, joint, and organ of the body. 60 minutes in our state of the art temperature and

moisture controlled studio creates approximately the same amount of perspiration as a 10 kilometer run!

Studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies. When our bodies exceed the limit that we can excrete, we begin to store these toxins, which greatly compromises our physiological and psychological health and leads to chronic disease. Perspiration is recognized by health practitioners worldwide as perhaps the most effective method of removing both