



HEALTH CARE

Special pullout section

It's getting hot at Inspire Yoga

By ANDREA LEFEBVRE

Advertising Features Writer

Things are heating up at Inspire Yoga. The new business, located at 369 Mountainview Road South in Georgetown South, officially opened last month and people are already buzzing about the studio's hot yoga classes.

Every day, Inspire Yoga runs four or five classes in a special room that is heated to 42C.

"It's a comfortable temperature for yoga that makes hot yoga accessible to everybody," says Diana Lockett, who owns and runs the family-friendly studio with her husband, Dan Horgan. "It's like doing yoga on a beach."

The increasingly popular hot yoga has numerous benefits, including weight loss, detoxification, and reduced injuries since muscles are already warmed up and flexible. Inspire Yoga's handpicked pool of 32 teachers lead a variety of hot and regular room temperature classes influenced by hatha, ashtanga and anusara yoga. Classes are open to people of all ages and abilities and participants are encouraged to move and follow along at their own pace.

In the future, Diana and Dan plan to offer specialty classes like restorative yoga, Mini Yogis for kids aged four to six years old, acuball yoga, therapeutics, partners, pre-natal, and mom and baby.

In addition to yoga, Inspire Yoga offers two to three workshops every month on topics that range from relationships to different types of yoga. The studio also offers karma classes on Friday nights where people are invited to make donations to a charitable organization.

"We're more than a yoga studio. We're a place where connections and relationships are nurtured with yourself and with the community," Diana says. "Yoga is more than just a physical practice, it's a commitment to wellness that transforms the heart, body and mind."

Inspire Yoga is located at 369 Mountainview Road South, and will open a new location in May at 6956 Financial Drive, Mississauga. For more information, call 905-702-YOGA (9642) or visit www.inspireyoga.ca.

Eight years after meeting in a hot yoga class, married couple Diana Lockett and Dan Horgan decided to open their own hot yoga studio in Georgetown. Inspire Yoga, located at 369 Mountainview Road South in Georgetown South, offers a variety of hot and regular yoga classes in a bright, modern facility. "We're a family-focused studio," Diana says. "You'll see our kids hanging out here and our dog, Max, too." For more information and class schedules visit www.inspireyoga.ca or call 905-702-YOGA (9642).

Photo by Andrea Lefebvre



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