

# Far Infrared Heat Creates Healthy Heated Environment for Hot Yoga

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If you are considering adding hot yoga to your studio or improve the environment of an existing hot yoga studio, a question may be, "where do I start?"

You may have tried contacting your local HVAC professional; however, most are unfamiliar with the demanding needs of hot yoga and super-heating spaces up to 105degrees. There are many choices available such as traditional forced air gas furnaces, high intensity electric coil forced air units, infrared gas tube heaters, electric unit heaters, high intensity electric infrared, far infrared electric heating panels, and many more.

Before making a final choice, you first must decide if hot yoga is right for your practice. Secondly, what is the healthy choice for your studio?

## **Why Hot Yoga?**

It is well documented that heat helps relax the muscles and provide for a more thorough and efficient workout. Practitioners also experience improved flexibility and range of motion, release of toxins, weight loss, and increased stamina.

## **Why is Far Infrared Heating the Healthy Choice?**

The requirement for hot yoga is to maintain a high temperature consistently throughout the space during a class. Achieving such high temperatures and preserving a healthy environment, is why far infrared heat has become a very popular and effective solution.

Conventional hot air systems have great difficulty providing a consistent temperature at floor level, due to the nature of heated air to rise, or stratify, where it is just wasted. Far infrared heat isn't subject to stratification and can easily and evenly heat a studio to the desired temperature. Although mounted high on the walls or ceilings, it heats from the floor up, directly heating bodies first, just like the natural effects of the healthful heat energy from the sun. This far infrared energy naturally resonates with and stimulates the cells of our bodies.

There are also additional benefits of far infrared heat. With no fans or high temperature heat exchangers there is no noise, no drafts, no distribution of unhealthy bacteria or allergens, and no dry, desert-like air. Far infrared radiant heat maintains natural humidity levels without the need for artificial humidification. This eliminates the odors from mold and bacteria present in many convectively heated studios that require mechanical humidification to maintain comfort levels.

## **Efficiency and Cost of Operation**

With fast-acting far infrared radiant heat, the desired temperature in any space can be quickly and efficiently achieved. In addition, by incorporating a programmable controller, the temperature can be preset for scheduled sessions and setback for unoccupied time, greatly reducing energy costs. Savings with the right far infrared heating system has been documented in a range of 34 percent to 73 percent over other conventional heating systems. Additionally, they are as easy to install as a light fixture, needing no expensive ductwork.

This, along with energy savings and no maintenance cost, provides for a system that is unequaled for hot yoga applications.

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