

Heating Green – Home Yoga Guidelines

In order to seamlessly enjoy your new home hot yoga studio, we want to write a few guidelines to set your studio up for success.

1. When installing your infrared heaters, make sure that they are securely anchored to your ceiling (typically, with screws into the joists). The weight of the standard model for hot yoga (1,500W 1445CL) is 28lbs and it is important that it is securely anchored to your ceiling. Please ensure that your electrician does this when installing.
2. It is important to allow a warmup time for the air temperature of the room to get hot. This warmup time can fluctuate depending on the insulation of the room, windows, exterior walls, etc. as well as the time of year (summer has quicker warmup than winters).
3. When installing the heaters, ensure that your electrician follows the Infrared Hot Yoga Installation Guide. If they have questions, please contact our Support Department at 360-715-4328 option 4.
4. If your room has sprinkler heads, please contact us for the sprinkler head clearance document.
5. For assistance with operation of the system, please reference our Infrared Yoga Operation Guide, or call our Support Department at 360-715-4328 option 4.

Separate from the heating system, we recommend consulting with your contractor to ensure that the envelope of your room is built adequately to handle the desired temperature, humidity, and ventilation.