



# heating green

Infrared Heating  
System Guide for  
Your Yoga Studio



GREATER COMFORT USING LESS ENERGY

# HEATING GREEN

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## What do the hottest studios and coolest yoga joints have in common?

Heating Green infrared systems. Whether you're opening a new studio or looking to enhance your existing studio, **a Heating Green system provides an eco-friendly and stylish addition** to enhance the ambiance and comfort that your yogis will keep coming back for.

**But don't just take our word for it.** Visit one of the 700+ yoga studios already using our systems to see how they look and feel.

CorePower Yoga (USA)

Y7 Studio (NY, CA)

Tracy Anderson Method (NY, FL)

Lyons Den Power Yoga (NY)

Reebok Fitness (Iceland)

Nike (OR)

Yoga Joint (FL)

The Alaska Club (AK)

Noomalife (AR)

System of Strength (OH)

Wanderlust Yoga (TX)

The Energy Barre (OK, NYC)

SoHo Yoga (CA)

Tadasana Yoga (UT)

Decatur Yoga (GA)

Yoga Pod (USA)

Flux Power Yoga (WA)

Power Yoga (Romania)

Equinox Yoga (USA and Canada)

Chuze Fitness (CA, CO)



# BENEFITS

## OPTIMIZE HEALTH & WELLNESS



### Increased Flexibility

Because infrared heat is directly warming the muscles, it opens them up allowing for a greater range of motion. A study at Auburn University compared athletes stretching in a training room to how far they were able to stretch in an infrared sauna. **Researchers concluded participants were able to stretch as much as three times their normal amount in the infrared environment.** This will allow yoga students to open up, melt deep into the poses and gain confidence in their yoga practice.



### Increased Circulation

**Infrared heat has been shown to stimulate blood flow** by opening up the body's capillaries. This has an incredible effect on the body and offers a variety of benefits. It can help lower blood pressure, oxygenate the organs and rid the body of toxins.



### Detoxification

Simply put, infrared heat will make you sweat. Which is a good thing because sweating is the body's natural way of flushing toxins. **As bodies absorb infrared heat, water molecules begin to vibrate, which causes them to wring out impurities from the cells and expel them into the blood.** These impurities will then be released from your body as you sweat, creating a deep, detoxifying cleanse on the cellular level.



### Weight Loss

The human body has an impressive temperature regulation system. It wants to stay at a consistent temperature and it is willing to work very hard to ensure that happens. As the body heats up, its natural cooling system kicks in, which takes energy and burns calories. **Infrared heat also increases metabolism between the blood and tissue, which also burns calories.**



### Pain Relief

Infrared heat directly penetrates tissue, muscles and joints, allowing them to heal and regenerate. This is accomplished through a combination of the aforementioned increased circulation, oxygenation and detoxification. **Infrared heat is incredibly useful for pain relief for both minor injuries and chronic ailments.** It's no surprise then that infrared heat is often the preferred method of many physical therapists, saunas and yoga studios around the world.

# FEATURES

EFFICIENCY · VERSATILITY · AMBIANCE



## Take Control of Your Space with Customizable Options

- Wi-Fi enabled thermostat with up to 48 programs per day allows you to adjust temperature whenever, wherever.  
**No more arriving at 5am to get the studio up to temp!**
- System can be passcode/lock enabled.
- Various color and finish options available to best fit the aesthetics of your studio.
- An array of mounting options to choose from, including wall, ceiling or suspended.
- Compatible with humidifiers, ERVs, and HRVs
- Customized climate zones and controls can be utilized for different rooms.
- Radiant, targeted warmth transfers heat directly to people and objects without noise, blowing air, dust or odor.
- All solid-state controls, no moving parts.
- Up to 20 year warranty on select heaters.
- **All heaters are proudly made in the USA.**



# VALUE

LONGER LIFESPAN · ZERO MAINTENANCE

## Highest Value and Quality

- 30-40 year lifespan
- Designed and manufactured in the USA
- No visible light (far infrared)
- No noise, no moving parts (solid state)
- Versatile mounting options
- Compatible with high humidity environments (Bikram)
- Up to 20 year warranty
- Easy to install
- Ceramic porcelain and steel construction is superior to aluminum
- Cycles up to 20% less than comparable systems
- Intuitive and customizable controls
- Lifetime customer support



## Lowest Lifetime Cost

Contact us for a customized quote on what you can expect for your studio.



### Up Front

Initial cost of system plus installation.



### Operation

Average cost of **\$1.70 per hour** to run.



### Maintenance

No maintenance required, ever!

## Simply Put...

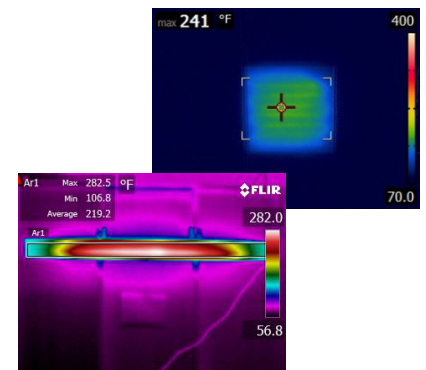
Heating Green Systems Function Better and Save You Money



HEATING GREEN INFRARED EXAMPLES

### Not all infrared is created equal.

On the left is Heating Green's Ceramic Ceiling and Cove heaters, on the right are comparable heaters from a competitor. Despite similar wattage, the radiant output of our panels is over 50% higher. This results in **greater comfort using less energy!**



COMPETITOR INFRARED EXAMPLES

# TESTIMONIALS

PROVEN · PROFESSIONAL · PASSIONATE

*We recently purchased the infrared panels for our yoga center. With these in our space, it is like practicing in the womb. As they heat the body and are quiet and soothing unlike the forced air system we have tried. Our students have wanted us to heat every class as they love practicing in the space so much more, and our heated classes are always full, which we love!*

**Dani Vani McGuire**

OWNER, PRANA YOGA SCHOOL OF YOGA AND HEALTH

*We love Heating Green heaters for their performance (sound free and benefit-FULL), their design (sleek) and their always there-for-us customer service. We feel like we have a partnership with Heating Green and they are invested in the experience of our students, making them a part of the Lyons Den Power Yoga Family!*

**Bethany Lyons**

LYONS DEN POWER YOGA

*We've heard great feedback on the heat. They feel the heat is warmer, more even and not as drying on their skin/the air doesn't feel as dry. Most people also comment on how much more they are sweating - which they are very happy with!*

**Daniel McGatha**

FACILITY OPERATIONS MANAGER,  
NIKE ATHLETIC CENTERS

*Our members love the infrared panels! In fact, the other night I was in hot yoga and I could feel this heat on my face as I was lying on my back and I looked up and I just happened to be directly underneath one of the panels. Thank you so much.*

**Mike**

YOGA POD RENO

*We LOVE our heating panels. They ROCK! Heating Green provides an excellent high-quality product and responsive customer service. The panels have added so much value to our studio plus they look very cool! Thank you!*

**Teresa Gaway**

OWNER, SALT YOGA

**It is my pleasure to make a great review about Heating Green. Their customer service was really good, they dealt with me directly and when an unforeseen issue arose they took care of it immediately without me having to follow up on the issue. They were truly on top of their game. Thank you for providing such great customer service, this is what people look for in good business.**

**Catherine**

R3D HOT YOGA



Additional information about our systems, heating tips, FAQs, testimonials and much more is available on our website.

[www.heatinggreen.com](http://www.heatinggreen.com) • (360) 715-4328

*Special thanks to Kelli Nairn of Union Yoga at Union Hall for our cover image.*