

5 Health Benefits of Infrared Heat for Yoga

We invite you to experience the many health benefits that infrared heat has to offer.

1- 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.



2 -Increased Circulation -Infrared heat has been shown to stimulate blood flow by opening up the body's capillaries. This has an incredible affect on the body and offers a variety of benefits. It can help lower blood pressure, oxygenate the organs and rid the body of toxins (read more below).

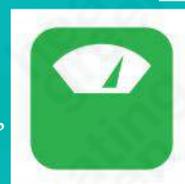


3- Detoxification - Simply put, infrared heat will make you sweat.

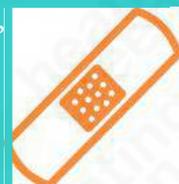
Which is a good thing because sweating is the body's natural way of flushing toxins. As bodies absorb infrared heat, water molecules begin to vibrate, which causes them to wring out impurities from the cells and expel them into the blood. These impurities will then be released from your body as you sweat,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



4 -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 kick in, which takes energy and burns calories. Infrared heat also increases metabolism between the blood and tissue, which also burns calories.



5 -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 radiation 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.





Tips for Yoga Studio Customers

Heating Green LLC appreciates your interest in our products and services. Our goal is to ensure that we provide you the best heating experience for your business and your yogis.

So, in addition to providing us information that we ask for in our yoga studio quote form and conversations that we hope to have over the phone, we do suggest that, if necessary, you consider consulting with the following professional(s) to help further assist you in determining the condition of your yoga studio space.

Mechanical Engineer – It may be a great opportunity to consult a professional in this area to come in and assess the current heating system, envelope of the building, and the overall performance of the space. In certain instances, they may suggest using a HRV (Heat Recovery Ventilator) or a ERV (Energy Recovery Ventilator) in addition to the infrared heaters.

HVAC Contractor – Consulting with them may also bring you peace of mind and give you a good understanding of the condition of the current HVAC system and how it may perform with our infrared system. They may suggest that you do a blower door test, which will determine how much air your space leaks, and how you can improve the performance of your room. You can search Google for professionals who perform this service as well.

Insulation Contractor – They can be helpful to determine your current insulation, and to determine if your insulation needs to be updated for maximum performance. Having the right insulation greatly helps reduce your energy costs and the time it will take your room to heat up, and cool down. Also discuss with your insulation contractor how to prevent mold with vapor barriers, especially if you use a humidifier or live in a humid climate. It is especially important to insulate over concrete floors with floor covers such as Zebra Mats, cork or laminate flooring etc.

Electrician – You'll want to be sure that your electrical panel is sufficient enough to handle our heating products. Your electrician can also help you determine your voltage, (i.e. 240, 208, etc.), and the cost of installing our heating equipment, etc.

At the end of the day, you want to have a sound piece of mind about your studio space and we too want to feel good knowing that we had the right information so we can provide you with the right equipment.

If you are ready to order, please find our shipping, warranty, and installation information by clicking on this link: <http://www.heatinggreen.com/shipping-warranty/>

On behalf of Heating Green LLC, I would like to thank you for your consideration and we look forward to helping you make your hot yoga studio a great hot yoga studio!

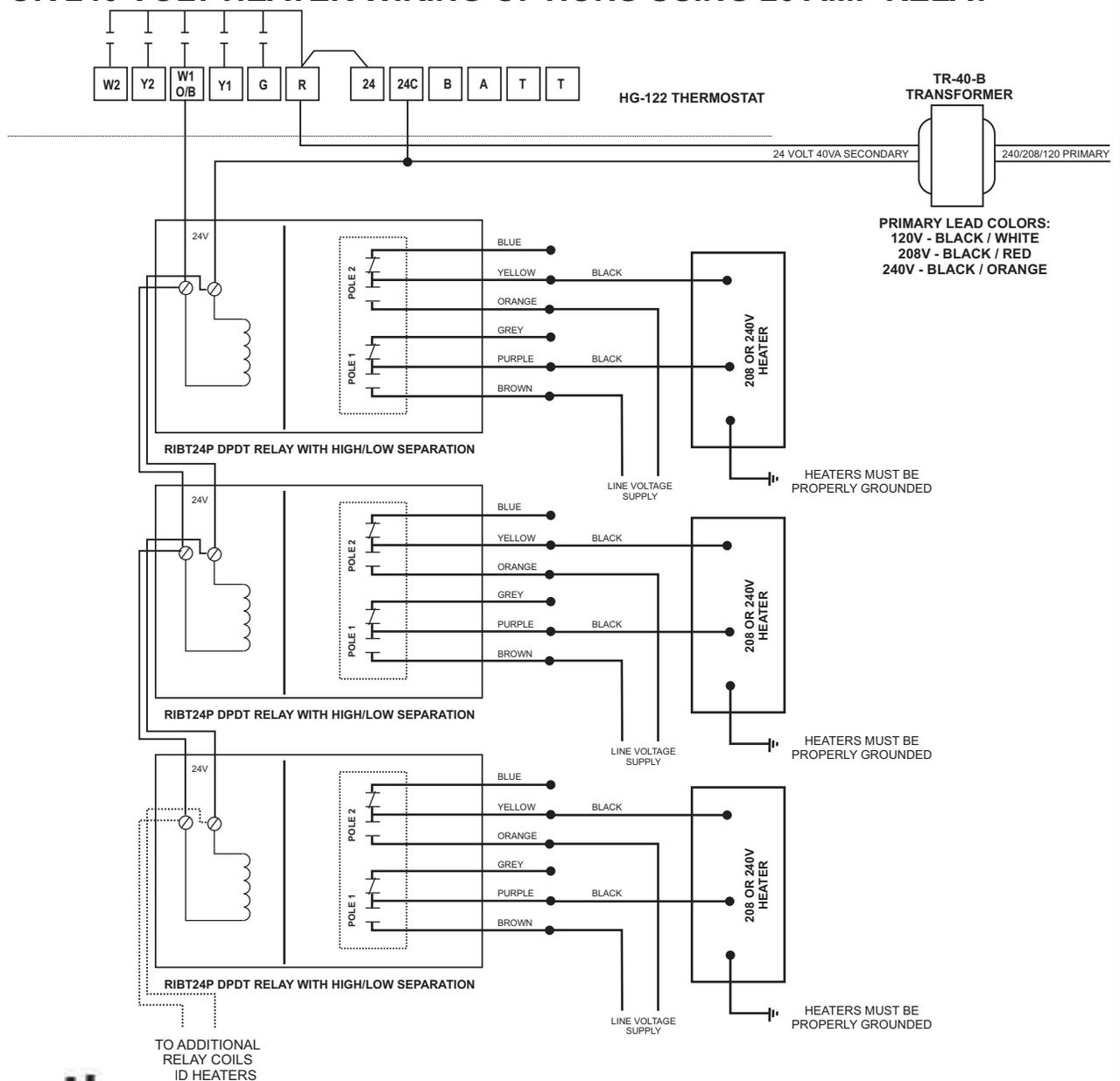
Jeff Caldwell -Owner

Yoga Studio Thermostat/Control Instructions - Share with Electrician

This will help your electrician determine the install cost and how to wire the heaters.

1. The maximum number of heaters per circuit is limited to circuit wiring and the contact rating of the relay. Always refer to electric radiant ceiling heat panel manufacturer's specifications and wiring diagrams. Wiring diagrams are also available on line at <http://www.heatinggreen.com/thermostat-instructions-wiring-diagrams>
2. The RIBT24P relay contacts are rated at 20 Amps under 300 Volts and 15 Amps over 300 Volts.
3. Always use a properly grounded junction box when splicing.
4. Install only in a location where the power supply connections will be accessible.
5. Install junction box as far above panel as possible and above building insulation where present.
6. Use field wiring suitable for 194° F (90° C) if junction box is allowed to lie on heater or is enclosed between heater and ceiling above.
7. When installed in a drop ceiling, the wiring terminals should be accessible through removable ceiling sections with adequate clearance to permit access to the top of the heater.

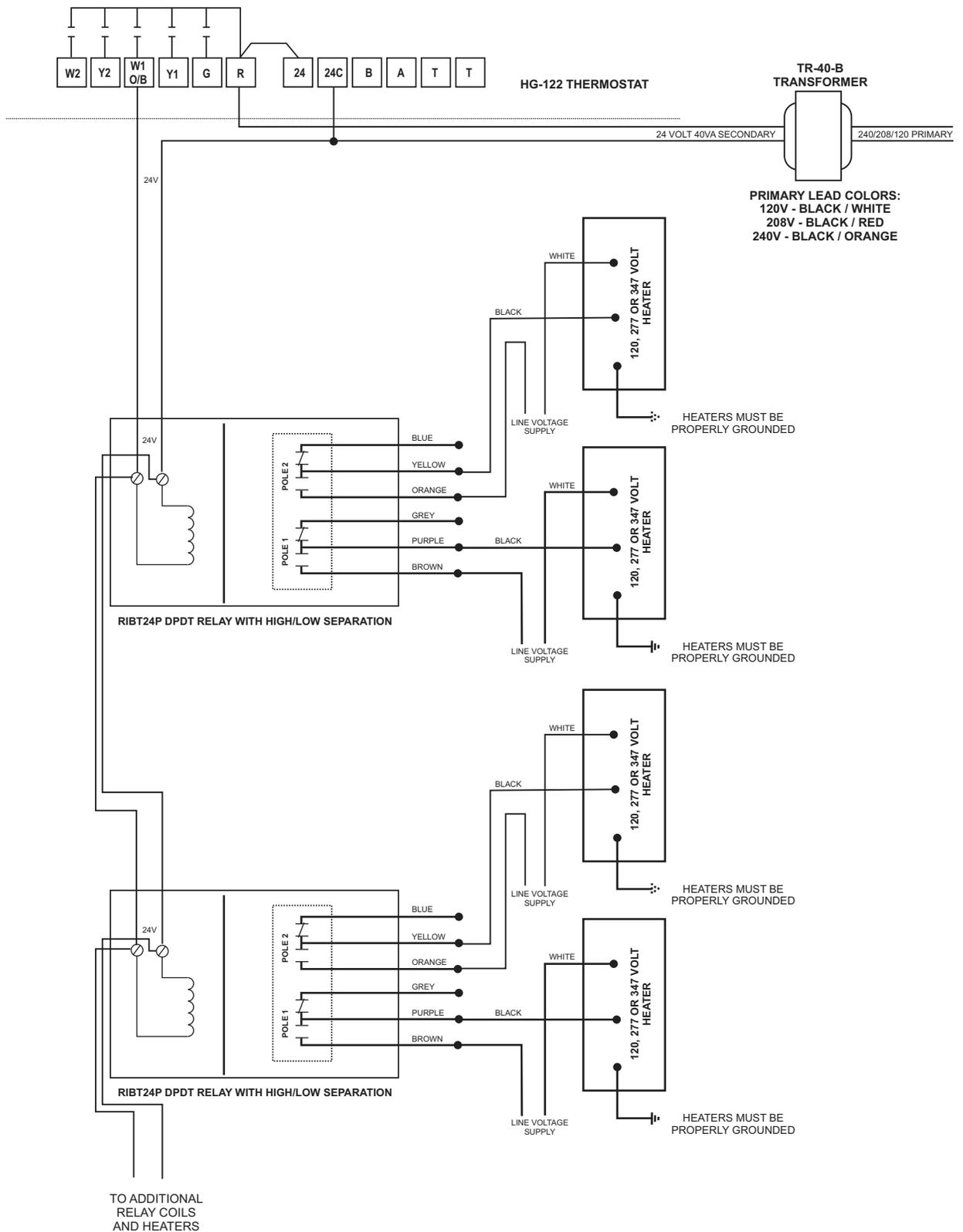
208 OR 240 VOLT HEATER WIRING OPTIONS USING 20 AMP RELAY



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This will help your electrician determine the install cost and how to wire the heaters.

120, 277 OR 347 VOLT HEATER WIRING OPTIONS USING 20 AMP RELAY



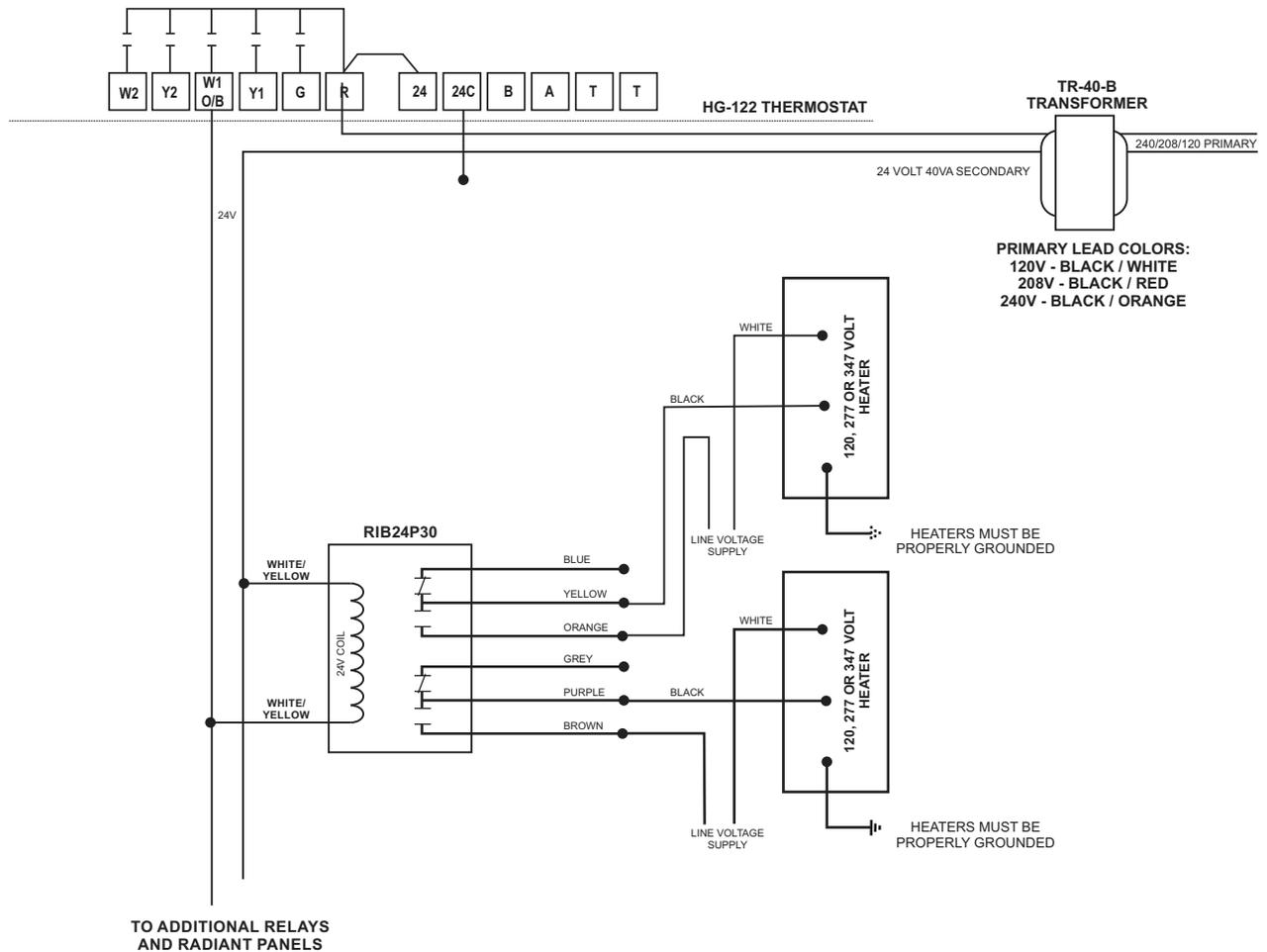
Yoga Thermostat/Control Instructions - Share with Electrician

This will help your electrician determine the install cost and how to wire the heaters.

WIRING DIAGRAMS FOR RIBT24P30 30 AMP RELAY

1. The maximum number of heaters per circuit is limited to circuit wiring and the contact rating of the relay. Always refer to electric radiant ceiling heat panel manufacturer's specifications and wiring diagrams. Wiring diagrams are also available on line at <http://www.heatinggreen.com/thermostat-instructions-wiring-diagrams>
2. The RIBT24P30 relay contacts are rated at 30 Amps @ 300 Volts.
3. Always use a properly grounded junction box when splicing.
4. Install only in a location where the power supply connections will be accessible.
5. Install junction box as far above panel as possible and above building insulation where present.
6. Use field wiring suitable for 194° F (90° C) if junction box is allowed to lie on heater or is enclosed between heater and ceiling above.
7. When installed in a drop ceiling, the wiring terminals should be accessible through removable ceiling sections with adequate clearance to permit access to the top of the heater.

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