



# Feel the heat

The volcanic solution to creating the perfect hot yoga environment. *By John Barker*

One of the key elements of hot yoga is to create an environment with a combination of heat and humidity that encourages sweating and detoxing more effectively than would be the case with dry heat. With this in mind, Humidity Solutions has designed two all-in-one bespoke units, that combine heating, humidification and air filtration, with optional heat recovery – the Vesuvius and the ETNA. Humidity Solutions have a wealth of experience, having worked with over 100 studios in the UK and Europe. The company has access to a wide range of humidifiers to suit all yoga applications and will consider each studio on its own specific requirements and conditions. The Vesuvius or the ETNA fit the bill for many.

These self-contained units provide heat and humidity to create the same end result of controlled conditions at a level set on the built-in controller and monitored by the integrated sensors. An energy efficient EC fan provides the air movement through an air filter which purifies the mixed recirculated air and fresh air. The

difference between the two is that the ETNA can be run off a single phase 230v power supply with the heating being provided by a hot water heating coil which is supplied by a separate gas-fired boiler, whilst the Vesuvius uses a three-phase power supply to power the heater, fan and humidifier.

Both units have built in control panels which can also be mounted externally in the studio or at a reception desk where the unit can be turned on/off, and the set points adjusted.

The humidifiers installed into the units are Devatec electrode boilers which provide excellent control of the moisture being added to the studios to help prevent dehydration and to create a comfortable environment whilst promoting the desired sweating in the class.

Whatever the solution, it is usually advisable to work with specialists in the field who can develop a specification of required temperature and humidity levels, taking account of all of the many design issues.

## Studio stories

### Pacific Yoga

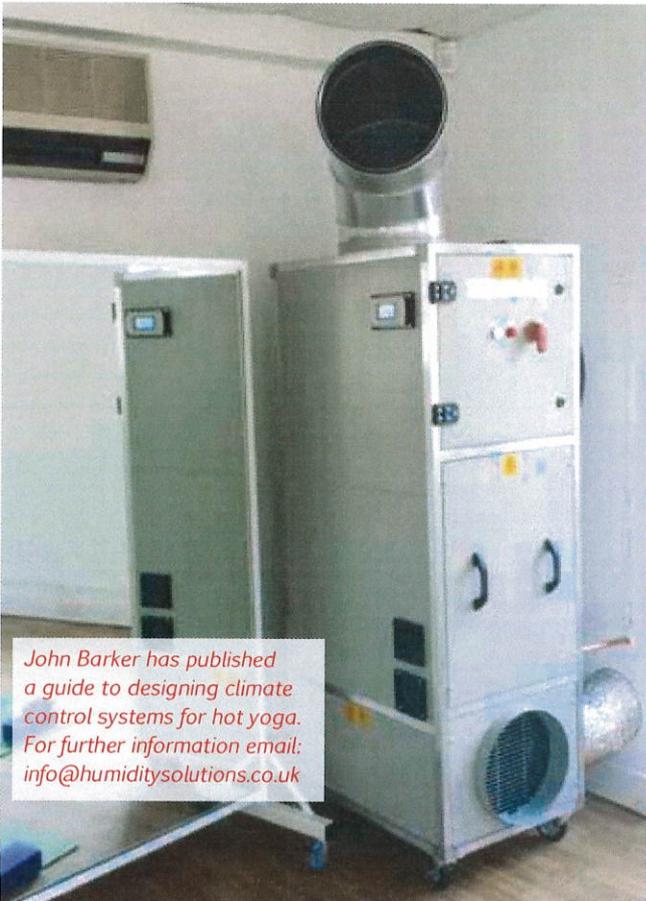
Margaret Brereton, owner of Pacific Yoga in Bristol, originates from the Polynesian Island of Rarotonga and has practiced yoga all over the world; but how to go about setting up her own studio? After many months of trying to find the right location in Bristol, Margaret and her husband, author James Long, found the ideal spot in an old customs warehouse in the docklands development area. With stunning views out over the river, what better place to practice hot yoga for the residents of this vibrant city? With the venue established, Margaret brought in hot yoga expertise from Humidity Solutions, combined with good local contractors.

For Margaret, the solution was the Vesuvius. The Vesuvius unit provides heat controlled at 40C in the space with a humidity level of 40% RH (Relative Humidity), while recirculating the air through a filter and adding fresh air to ensure that you think of the warm Pacific Sun.

### Hot Yoga Coventry

In Coventry, Inderjit Punian (Indy), an avid teacher and supporter of the benefits of hot yoga, also required a studio that was well insulated and could achieve the target temperature of 40°C with a Relative Humidity of 40%-50%. Humidity Solutions was recommended to Indy by a number of other hot yoga proprietors and, as her studio did not have a three-phase power supply, the solution in this case was the ETNA heating and humidification tower with a heat recovery unit. The ETNA was supplied and installed in October 2017 and the doors to Hot Yoga Coventry opened for business shortly after.

Indy recalled: "Humidity Solutions were a great help from the initial enquiry through installation, and the onsite and after care support have been second to none. With the ETNA we are able to offer a first-class hot yoga experience for all of our clients."



*John Barker has published a guide to designing climate control systems for hot yoga. For further information email: [info@humiditysolutions.co.uk](mailto:info@humiditysolutions.co.uk)*

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