



Small Duct High Velocity Heating, Cooling and IAQ Systems

## Hi-Velocity Systems Case Study

### Bikram Yoga Studio - DJS Heating & Air Conditioning

Yoga is one of the fastest growing forms of exercise, relaxation and meditation. We at DJS Heating & Air Conditioning were called in to install a heating system that was to keep a room at a constant 100 degrees during yoga classes. Why 100 degrees? As explained to us by the owner and instructor, we heat the room to 100 degrees to practice a specialized form of yoga. The results wanted are to warm and stretch the muscles and to detoxify the body. Jenny Buchanan, owner and instructor of Bikram Yoga, located in South Pasadena, California, has been an instructor in other studios and was able to tell us some of the design problems already experienced.



Other studios have attempted this type of heat utilizing forced air furnaces. Some of the problems found were temperatures fluctuating greatly and hot and cold spots throughout the room. The idea is to heat the room to the 100 degrees during the class and then ventilating the room unheated between classes, then being able to reheat to the constant 100 degrees for the next class. In addition to heating the room, we were asked to design a filtration system, because perspiration is normal in a high temperature environment. Our filtration system was designed utilizing Sun Pure SP200 Air Purifier. We recycle the air through a Merv 11 (Hepa type) filter, followed by a UV light to kill germs and an activated catalyst to remove odors.

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We have introduced fresh air at 10% at all times. With a control that allows the instructor to introduce anywhere up to 100% fresh air modulating, by the use of a control switch located in the room.

The ESP Hi-Velocity system is saving space, providing even airflow and maintaining comfort. This system surpasses other forced air systems attempted in this type of installation. Utilizing the exposed plenum, the system now became part of the décor. Architect Denise Tomlin has made the system the focal point in the décor. The installation time was greatly reduced by utilizing the exposed plenum and gaining the ability to maintain even temperatures.



The more we at DJS realize the versatility of the ESP system, the more we are pleased with the system. We are finding the applications almost endless and are looking forward to the next job to find new ways of using the ESP system. Thank you for the great product and we look forward to installing more units and finding new applications.

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