

## Free System Sizing and Layout

For a free ENERJOY system sizing and estimate, please call SSHC, Inc. at 800 544-5182 or email us, [info@sshcinc.com](mailto:info@sshcinc.com). Please provide us with the following information so that we might better be able to size your system for your specific location.

For your convenience, we have included a Yoga Data Sheet on the back of this brochure. Fax it to us at 860 399-6460.

Information we will need to begin sizing your system:

1. Your name and studio address, city and state.
2. Contact name (if different), phone number and email address.
3. Electric service and voltage.
4. Length and width of studio and ceiling height.
5. Insulation description for walls, floor and ceiling.
6. Adjacent areas to be heated.
7. Total square footage of windows. Thermapane or single pane?
8. Location of studio in building (ie.: ground level, basement).
9. Ventilation and humidity control plans.
10. Ducting and other openings in the studio shell.

## Yoga Data Sheet

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Studio: Width \_\_\_\_\_

Length \_\_\_\_\_ Ceiling Height \_\_\_\_\_

Voltage \_\_\_\_\_

Insulation: Walls \_\_\_\_\_

Floor \_\_\_\_\_ Ceiling \_\_\_\_\_

Adjacent areas to be heated \_\_\_\_\_

Square footage of windows \_\_\_\_\_

Single pane \_\_\_\_\_ Thermapane \_\_\_\_\_

Location in building \_\_\_\_\_  
\_\_\_\_\_

Ventilation/humidity contro/ducting:  
\_\_\_\_\_  
\_\_\_\_\_



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**Why Hot Yoga studios  
worldwide are heated  
with  
ENERJOY®  
Radiant Heat**



# Hot Yoga Studios Worldwide are Heated with ENERJOY® Radiant Heat

From New York to Hawaii to Tokyo, ENERJOY radiant heat is used around the world to comfortably and cost-effectively heat studios.

The unique requirement of 105°F/42°C is easily attained with long wave ENERJOY Radiant Panels...without any noise, dust, air movement or temperature fluctuations associated with other forms of heat. It safely and quietly heats thousands of practitioners just as comfortably as the sun heats the earth.

The health benefits and relaxation experienced in the non-allergenic, far infrared radiantly heated environment ENERJOY provides is a hallmark of the ENERJOY Hot Yoga environmental design experience. Here's why:

- ENERJOY Radiant Heat works with the laws of physics - not against them. Radiant heat heats objects in its path which reradiate the heat to other objects, which then reradiate heat to the air. This is how the sun heats the earth. (Notice how much warmer you feel standing in direct sunlight, as opposed to a shaded area under a tree.) This is different from a convective system, which heats air. ENERJOY Radiant Panels heat in the long wave far infrared spectrum.
- Maintain uniform temperature with ENERJOY Heat...wall to wall, ceiling to floor. Since radiant heat heats objects, there is no air to blow and no stratification of hot or cold air pockets. Once air is heated, it becomes lighter and rises. Then, as it cools down, it contributes to the cycle of cool drafts.

This is what happens with forced air and baseboard systems. No mechanically heated air movement means no 'cold blow' effect, no distribution of unhealthy bacteria or allergens and no dust. ENERJOY radiant heat is hypoallergenic.

- Glass is opaque to ENERJOY long wave radiance. This means ENERJOY heat is radiated back into the studio.
- Gainful use of all floor space since the ENERJOY heat is on the ceiling. This makes the entire studio space useable, yet zoned to address individual needs.



- ENERJOY heat has the lowest life cycle and operating cost. ENERJOY radiant heat requires no furnace, no burner, has no moving parts and requires no maintenance.
- ENERJOY heat requires less wattage and less BTUs than any other system. **The U.S. Dept. of Energy found it less expensive to heat than any other oil, gas or electric heating system by 30% to 50%.** (For details, see the ENERJOY Case Study posted on the Department of Energy's website on [www.Enerjoy.com](http://www.Enerjoy.com).)

## Design and Operation

ENERJOY panels install as easily as a light fixture. Any electrician can install your system. The panels can be either mounted directly to the ceiling, installed into T-bar grids or hung from the ceiling. Heat is controlled with thermostats and heat is separated into zones to assure desired heat when, where and as needed.

ENERJOY Heaters are ECO-Friendly – low-carbon foot print and fully recyclable.

ENERJOY panels are warranted for 5 years against manufacturing defects.