

# Press Release

**SUBJECT: ESTERO YOGA FACILITY USES COMMERCIAL GRADE ULTRAVIOLET DEVICES TO MITIGATE AIRBORNE AND SURFACE PATHOGENS AS STATE REOPENS.**

Media Contact:  
Nancy Gerard  
[info@ouryogaplace.com](mailto:info@ouryogaplace.com)

Estero, FL (May 2020). Reopening fitness environments post the COVID-19 shutdown, safety is of course the top of mind issue for all. We are all anxious to reopen fitness and get back to taking care of our bodies, wellbeing, and mental health. Our Yoga Place, which opened Jan 2020, was designed to tackle the nasty issues prevalent in all indoor fitness rooms. OYP specializes hot yoga, which amplifies the need for fresh outside air circulating throughout the room. Now as we reopen in a new world, OYP is excited to highlight how exactly we designed our facilities with safety in mind. And while there is not an 100% effective way to mitigate airborne viruses, OYP's use of technologies that heat, circulate, ventilate, and sterilize yoga and locker room air and surfaces sets a new standard for safe indoor fitness rooms.



Hot Yoga classes run in studios heated at 105°F (40.5C) with at least 40% relative humidity to increase yoga's effects on muscles and various systems of the body. In addition to the resulting sweat produced under such conditions, people expel higher levels of carbon dioxide (CO<sub>2</sub>) thanks to elevated heart rates. As more CO<sub>2</sub> fills the room, less oxygen becomes available, making it harder to breathe. OYP systems continuously monitor CO<sub>2</sub> levels and adjust ventilation to keep the rooms breathable.

It's easy for ventilation and temperature control to fall out of whack if the HVAC is not properly balanced to bring in enough fresh air while sending stale air out of the building, now a heightened area of concern post COVID-19. Fitness studios and locker / shower areas tend to be prone to bad smells, mold, and disease—as well as drained, unhappy clients post practice sessions.

***“Everyone can benefit from yoga,” insists Tom Palmer, Owner. “People shouldn’t feel they need to be in shape for an Iron Man competition to participate.” Beginners feeling poorly after practice often assume, they just can’t cut it, then quit, and that’s a shame.***

OYP adopted a solution provided by Building Performance Equipment, Inc. Their high thermal efficiency energy recovery units deliver balanced ventilation that controls humidity and delivers double ASHRAE Standard 62's recommendation of 20 cfm per person. Such superior ventilation keeps CO<sub>2</sub> levels as low as possible by ushering out stale “used” air and using the heat energy of that air to warm incoming fresh air.



As equally important as air quality, OYP installed cutting edge commercial grade ultraviolet devices throughout yoga and locker room facilities. These devices are widely utilized in the food processing and preparation industries, as well “clean” room laboratories. OYP is the first yoga facility to utilize this technology.

“Antimicrobial disinfection through illumination is proven effective with proper dosage levels on pathogens suspended in air or attached to a variety of surfaces, materials and objects. SpectraClean is concentrated outside the UV spectrum and will not have the same damaging effects UV systems can have on non-harmful plant and animal cells or inanimate materials.” - [Hubbell Lighting, Manufacturer of SpectraClean](#)



“SpectraClean™ luminaires leverage developments in the disciplines of lighting science and microbiology to combine white and narrowband 405 nanometer visible light. This innovation meets ambient and task lighting requirements while providing a continuous, unobtrusive disinfection option for commercial applications. The germicidal effects of narrowband visible light suppress a wide range of bacteria, molds, fungi and yeast. SpectraClean’s antimicrobial light induces the production of damaging reactive oxygen species in harmful microorganisms to

accelerate cell inactivation.” - [Hubbell Lighting is the manufacturer of SpectraClean™](#)

Finally, the yoga room flooring used is PEM Surface Flooring. The material is treated with antimicrobial formula guards against the growth of mildew, fungi, and bacteria! The durable thermoplastic construction is designed for the moisture and humidity of hot yoga studios, has shock absorbing cushion for less stress on the body, and reduces the risk of slippage.



**ABOUT OYP.** [OYP](#) is a one of kind and state of the art yoga facility located in Coconut Point Mall Estero, FL. Our specialty heated yoga classes are designed to heal, transform, and evolve the body, mind and spirit. For a full menu of our services please visit [www.OurYogaPlace.com](http://www.OurYogaPlace.com). OYP is now open to the general public for our sports apparel retail, facility tours, orientation, and membership signups as we prepare for our reopening coming soon! Please contact us to schedule your personal tour and for more information.