

VES CASE STUDY

BIKRAM YOGA
TOOLEY STREET, LONDON



Bikram Yoga

Hot Bikram Yoga is the new exercise series that sees people practice yoga in a hot and humid environment.

The studio is kept at approximately 105 °F (40 °C) and 60% humidity. The heat warms up your body allowing you to stretch into the postures in a safer environment.

VES Assistance

VES Engineers were asked to supply and install an AHU, ductwork and controls for a Hot Bikram Yoga Studio set up by Olga Allon on Tooley Street in London Bridge.



The Problem

VES faced a number of different issues that they had to overcome throughout the project, which included:

- ▶ Restricted space available for the AHU
- ▶ The high temperatures within the studio were causing stratification issues
- ▶ Co-ordinating works in-line with programme with other site disciplines
- ▶ Air quality issues were found during the initial operation of the studio

However VES Engineers worked hard throughout all stages of the project to overcome each of these individual issues to provide the studio with the best ventilation system possible.

The Solution

In order to overcome the issue of restricted space available for the AHU within the building VES utilised a Hi-Ab lift to locate the AHU within a suitable space based in the courtyard. Regular site meetings were arranged to co-ordinate the install of services within the restricted internal space.

With regards to the high temperature system causing stratification issues, ductwork grille layout, sizes and air volumes were selected by VES to ensure correct distribution of warm air within the studio. Additional cooling fans and bespoke fan chambers were required and internal AHU components and ductwork fittings were selected to incorporate operating temperature requirements. Additional lagging was required to ensure maximum thermal efficiency.

Finally, following the testing of the air and a psychrometric analysis, a lack of humidity occurring under a certain environmental conditions was determined. Therefore VES made recommendations on a humidifier that would help solve this issue.

Find out more about VES Specialist Site Services.

