

20th February 2015

Gerflor stretches the possibilities with Bikram Yoga

The Bikram Yoga studio on Bristol's High Street is a teaching and learning centre for all things Bikram Yoga and sits nicely as a business against its sister studio in Highbury and Islington, London.

Both studio complexes provide a serene place where the mind can be rested, the body stretched and challenged in an environment of learning and new beginnings.

As all yoga exercises are conducted on the floor, the floor covering needs to deliver both comfort and durability. The choice of product for these projects would be exacting.

Paul Smith of Floor Renovations Ltd said, "as the contractor for Bikram Yoga in Bristol we had to be sure that we were using the correct product. Our appointment on this job was on the back of a very successful installation at their Highbury and Islington studio in London". Paul Smith goes on to further comment on the complexity of the project. 'We had just installed Taraflex™ Multi Use 6.2 in three other projects and were confident that Taraflex™ would be perfect for the Bikram Yoga studios. Being able to lay Taraflex™ Multi Use 6.2 straight onto the existing old vinyl flooring was a real bonus. It's easy to work with and problem free'.

Taraflex™ has been used in every summer Olympics since 1976 and is available in 17 colours and two wood-effect designs. While wooden floors are 'area elastic', deemed safe for certain types of impact and loading, other impacts, particular for lighter weight users such as exercise classes are uncomfortable due to the hard surface. Taraflex's™ 'point elastic' flooring has a higher comfort factor than 'area elastic' floors and reduces the risk and severity of injuries. This is particularly relevant in yoga classes where the students are constantly stretching and moving.

Carl Gray, the Founder and a Studio Director at Bikram Yoga commented, "when we heard about Taraflex we ordered a sheet to test". Carl went on to add, "we placed a sheet of both products in a bathroom and tested them after stepping from the bath. Based on our observations we went with Taraflex™ Multi-Use 6.2 as it offered the best slip resistance with wet feet"

Taraflex™ Multi-Use 6.2 also has P1 category shock absorption with indentation resistance two times greater than required by EN Standard 14904, an abrasion resistance three times the Standard's requirement and excellent resistance to static and rolling heavy loads providing 25% to 35% of shock absorption. Also the double fibreglass grid helps to give better dimensional stability which means it's less likely to expand or contract too much despite any potential temperature fluctuations.

It also has much better dimensional stability allowing the material to be loose-laid as many adhesives are unable to cope with temperature differences.

Paul Smith from Floor Renovations Ltd went on to also comment, "the old vinyl floor had been there for thirty years and was reasonably stable which meant that using Gerflor's Taraflex™ Multi Use 6.2 we could go straight down over the old vinyl without the need for adhesives saving time in the project".

Continues >

Taraflex™ Multi Use 6.2 is extremely easy to keep clean, maintain and is also very hygienic, meeting the EN Standard of 22196 for anti- bacterial activity (E. coli - S. aureus - MRSA) (3) returning >99% levels of growth inhibition. The product is also treated with ProtecSol®, which renders polish redundant. Taraflex™ has a double density foam backing and as another bonus, it's environmentally friendly.

Carl Gray also added, "we really liked the way Taraflex went down in both Bristol and London, the feel and the cushioning effect was superb." He continued to comment, "it's such a good quality product. Right from the look, the feel and the comfort for our particular use, it's the only product we will specify now".

Carl finally commented, "I know of several other Bikram studios that have changed their flooring due to it being too slippery. This was a major concern that was alleviated by us choosing Gerflor's Taraflex™ Multi Use 6.2".

Learn more about Gerflor solutions, ask for a free sample or contact us to speak to a specialist today by calling 01926 622 600, emailing contractuk@gerflor.com, or visiting gerflor.co.uk for the latest innovations.

-ends-

With Compliments:

Natalie Lake
The Studio 4
Grosvenor House
Central Park
Telford
TF2 9TW
Tel: 01952 234 005
Email: nat@thestudio4.co.uk

Issued on behalf of:

Navjot Dhillon
Gerflor
Wedgnock House
Wedgnock Lane
Warwick
CV34 5AP
Tel: 01926 622 600
Email: contractuk@gerflor.com