

## FAQs

### YOGA FLOORING F.A.Q.'S (FREQUENTLY ASKED QUESTIONS)

Q: What Colors can I choose from?

Stock Color: Sandstone Beige

Other colors, depending on availability: Chocolate Brown, Black, Art Deco Blue, Hunter Green, Gray  
Our most popular color is Sandstone Beige. Samples will be sent in this color. Other custom colors may be requested, and require a 2100 Sq. Ft. minimum purchase.

Q: How durable is Yoga Flooring?

Yoga Flooring is made out of phthalate-free, virgin PVC, which is the same base component that all standard yoga mats are made out of, as well as your household plastic plumbing. The biggest difference is that a standard yoga mat is made with PVC foam, while Yoga Flooring is made of "closed cell" extruded PVC. The Yoga Flooring just happens to be not as soft as a yoga mat, and of course much softer than plastic pipes. Yoga Flooring is heat resistant to 180 F degrees, waterproof, and stain resistant. It has been used on golf courses around waterways where golf carts and spiked shoes tread over it daily, and it holds up extremely well. Considering that only bare feet are going to touch this in your yoga studio, it should last for an extremely long time

Q: Is Yoga Flooring suitable for my Hot Yoga Studio?

Yoga Flooring specifically designed for use in hot and humid environments. You'll find that PEM Yoga Flooring is far superior to any other flooring option in your hot yoga studio. Yoga Flooring virtually eliminates odors by solving the moisture problem. With our specially designed looping construction, we allow for high volume air circulation and rapid moisture evaporation. The thermal properties of Yoga Flooring accelerate this evaporation so your hot yoga studio floor stays dry. Without moisture, mold and bacteria don't flourish, leaving your studio clean and fresh. We've even tested our product for safety to ensure that there is NO outgassing of any harmful chemicals even at 120 F Degrees.

Q: How do I install Yoga Flooring?

Yoga Flooring can be installed by any contractor, and lays down like carpet. Your average carpet guy can do it easily, and you can even do it yourself. It's very simple. Yoga Flooring is available in either 3ft wide rolls or the standard 6ft wide rolls, both in 25' length. Yoga Flooring seams together with a special adhesive so that the seams are virtually invisible. The floor underneath should also be sealed with an acid primer paint or other waterproof sealer (which is a good idea even if you just install carpet), which will create a moisture and bacteria barrier. While Yoga Flooring's Microchek properties and unique construction inhibits mold, mildew, and bacteria growth, remember that these undesirables CAN grow in concrete or wood underflooring unless that is sealed also. Also, if you are currently involved in the painting process, have your walls painted all the way to the bottom, as a typical vinyl or wood carpet border is not necessary with Yoga Flooring. Important Note: Yoga Flooring should be installed AFTER all of the major construction is finished and your studio is clean, and also after your yoga room has been painted and mirrored.

Q: Will you help me with the installation?

We will send detailed instructions to you and/or your contractor. Although we do not perform the installation, we will be available to consult you through the entire installation process, answering any and all questions from you or your installers. It is our commitment that the installation be perfect, and we will invest as much time as necessary to make sure that you and your installers know exactly what you're doing. Don't worry, it's easy and simple to install. Many studio owners perform the installation themselves.

Q: Can I install Yoga Flooring over carpet or hardwood floors?

We highly recommend that the surface over which you are going to install Yoga Flooring is sealed against moisture. The way Yoga Flooring works so well is to allow air circulation all the way to the bottom, inhibiting the ability for sweat and moisture to pool together and remain stagnant. It is the constant moisture and darkness at the bottom of your carpet which allows unfriendly bacteria and mold to grow, which causes unpleasant odors. The best surface you should install Yoga Flooring over will have been painted with a high quality moisture-barrier paint or concrete sealer, which will not allow water to soak into the surface. Yoga Flooring should be installed directly over the sealed surface, without any padding underneath. You can see now why installing our product over carpet would be inappropriate and ineffective for creating a healthy environment. Installing over hardwood floors may be appropriate, as long as the floors have been very

well sealed with an impenetrable coating such as an outdoor-rated polyurethane. As a side note, you could install Yoga Flooring over carpet or wood floors and still receive the benefit of a non-slip resilient and beautiful surface, and yet you would be missing out on the best benefit of our flooring, which is to inhibit odors and provide a healthy, less-toxic environment.

**Q: Can I move Yoga Flooring after I've installed it?**

For studios that may relocate, you can absolutely take your Yoga Flooring with you. There is no need to glue or tack down Yoga Flooring to the underlying floor the way carpet is normally attached. It CAN be rolled up and removed, then reinstalled later or at a different location. However, when installed properly the edges of the rolls (68" wide rolls) should be seamed together with our special adhesive, creating a wall-to-wall look as one piece of flooring. Because Yoga Flooring weighs approximately 1 pound per square foot, it is not something that can be easily rolled up every day after class, unless you decide not to seam it together. Should you decide to move after the flooring is seamed together, it can be easily cut with a utility or razor knife, then simply glued together at the new location. We often get asked if Yoga Flooring is idea for temporary locations where the flooring is used during the class and then rolled up after the class. While our product would work fantastic for that, it IS heavy, so it should be cut into smaller rolls for easier handling, which would create more seams. Our recommendation, in order to get the maximum safety possible, is to glue the seams together. We have had studios choose to not seam the product together, and they have been very happy with our product.

**Q: Can I use gym equipment or heavy furniture over my new Yoga Flooring?**

Yes. The material is very durable. However, just like other flooring options it will indent slightly over time if you leave the equipment in the same place for extended periods of time.

**Q: How hard is the surface, compared to wood floors, rubber, or carpet?**

Yoga Flooring is made out of PVC, which is the same material used to make yoga sticky mats but without the foam bubbles. It is about the same hardness as the bottom of a sneaker. It is shock absorbent, so if someone were to accidentally fall on it they would be much less likely to be injured compared to hardwood floors or even carpet. However, it is not a cushion and not soft like rubber, fitness tiles or foam matting. It is the perfect density! It provides a solid and firm foundation for practicing yoga. Order a free sample today. The moment you see our product you'll immediately love it!

**Q: How does Yoga Flooring compare to the interlocking tiles I've seen for gyms and yoga studios?**

Yoga Flooring has many advantages over these lower quality alternatives. Here are THREE: First, interlocking tiles may still have a seam through which sweat and moisture can penetrate and then become trapped UNDER the floor with no air circulation. This can become a breeding ground for bacteria and mold. The top can be perfectly clean, but the bottom can be a science project. Second, when these tiles become wet, they can be just as slippery as hardwood floors . . . yes, even the ones that say non-slip! Third, and MOST IMPORTANTLY, Yoga Flooring has been thoroughly tested for emissions, and we can proudly claim that Yoga Flooring produces NO harmful emissions or out-gassing, even at 120 F Degrees of heat. We know of no maker of interlocking tiles that can make this claim about your safety. We promise that your new Yoga Flooring is safe. And, your yoga studio won't smell like a rubber tire like most of those other products do! Yoga Flooring is made from 100% virgin ingredients that have been thoroughly tested for environmental safety. You'll also find that we are competitively priced as well.

**Q: How do I clean and care for Yoga Flooring?**

Yoga Flooring should be vacuumed regularly just like carpet, to remove dust, hair, etc. That's basically it! You can steam clean it when appropriate, and it can also be removed and pressure washed outdoors if necessary (Yoga Flooring is not glued down like carpet, but would require cutting and re-seaming if removed for cleaning). If you are now in the design stage of your studio or happen to have a concrete floor, consider a third option - you might be able to install drains on the floor of your studio room, and then the flooring can be pressure washed right where it is, and it will last the life of your studio. It would be an extra expense to install the drains, but would be worth it if you are planning for the long term - this would work best for a location that happens to have or will have a concrete floor.

**Q: How long does it take to get my new Yoga Flooring?**

If we have the color and quantity in stock, it will ship within 2-3 days of receipt of your full payment, and it takes just 2-4 days to arrive by truck delivery. If it is not in stock, it may take 2-4 weeks to order before shipping. We often have what you need on hand, yet it definitely pays to plan in advance so we know to expect your order. Plan to ORDER your flooring 30 days before you plan to install it, if possible.

**Q: How long does it take to install my new Yoga Flooring?**

Your new Yoga Flooring can usually be installed in just one day in most cases. Yoga Flooring should be installed AFTER all of the major construction is finished, after your yoga room has been painted and mirrored, the underlying floor

is sealed, and the studio is clean. Also, if you are currently involved in the painting process, have your walls painted all the way to the bottom, as a typical vinyl or wood carpet border is not necessary with Yoga Flooring. Plan to ORDER your flooring 30 days before you plan to install it, if possible.

Q: How do I prepare my underlying floor surface for my new Yoga Flooring?

We recommend installing your Yoga Flooring over a very well sealed surface. If installing over concrete, we recommend a heavy duty outdoor-rated concrete sealer with a 10+ year life expectancy. If you are installing over wood, use multiple layers of polyurethane sealer or concrete sealer, depending on the type of wood surface. Most importantly, in order to have the most hygienic yoga studio possible, it is best to use a sealer that will provide a moisture, bacteria, and mold barrier.

Now that you've learned why PEM Yoga Flooring is your ideal solution, the only question left to answer is . . .

How soon will you and your students begin enjoying all the fantastic benefits of PEM Yoga Flooring?

[Click here to request your free sample and information kit today!](#)