



YOGA HEALTH CENTER
SAN CARLOS CALIFORNIA

YOGAHEALTHCENTER.COM | [STREAMING CLASS SCHEDULE](#) | JANUARY 2021 NEWSLETTER



YOGA HEALTH CENTER

Thank you from Yoga Health Center and Happy New Year 2021!



We are very thankful for our community and for your help making it through this past year. And, for all the time we have spent in these on-site and virtual yoga rooms. We are grateful for the practice that allows us to heal our bodies and find time to quiet

our minds.

We are thankful for the memories and for each and every one of you who rolled out your mat and practiced with us from wherever you were. We are blessed to have such amazing teachers with resilience and dedication. We miss spending time in these rooms. But we feel joy and love knowing that our connection is still alive and well. We look forward to practicing with you from the comfort and safety of your homes and in the outdoors. If you know anyone who could benefit from yoga and fitness please consider bringing them to an outdoor class or into a live streaming with our wonderful community made up of all of you.

The YHC Team

NEW VIDEOS ON DEMAND

YHC TV was in full swing this past month, producing new and shorter 15 to 30 minute videos. These inspiring classes are to help you incorporate your practice into everyday life with access anywhere, any time.

There are 15 new videos which will take the YHC library collection close to 60. The new video content includes: meditation, Iyengar asanas for shoulders and neck, Iyengar supine poses for hips, pro glutes,

ultimate arms, chest and back, and toning the thighs. There was also an opportunity to record a 75 minute Yin class and several 50 minute Core Fit classes during this production.

We hope to bring more of your favorite teachers into the comfort of your own space to help you feel healthy, strong and balanced into the new year.

Thank you to the teachers (Maria, Bill, Yelena, Brad, Val, Ariane and Regina) who came into the studio for a video session.

The Yoga Health Center gives a very special and huge thank you to Conrad Slater of **Slater Sound and Video Engineering** for his production expertise as the Sound & Video Engineer and Director for the YHC video productions.

Also, helping to make the current production a great success, a big thank you goes out to Tim Azzaria of **PVM Productions in Burlingame** for a generous camera loan and to Luke Seerveld of **Seerveld Lighting** in San Carlos for loaning the 'big light'.



NEW VIDEOS ADDED THIS MONTH

Starting January 1st, you will see these new, shorter VOD workouts featuring some of your favorite teachers in the YHC video library!

- Pro Core with Yelena
- Pro Glutes with Yelena
- Pro Legs and Cardio with Yelena
- Asanas with Ariane & Kenny
- Hot 26+ with Regina
- Hips and Glutes with Regina
- Glutes and Yoga Tune-up with Regina
- Iyengar Short Practice with Maria
- Supine Poses for Shoulders & Hips with Maria
- Asanas for Shoulder & Neck with Maria
- Ultimate Arms, Chest and Back with Val
- Thighs, Back and Strengthening with Val
- Just Minutes to Freedom with Brad
- Minutes to Fitness with Brad
- Yin with Bill



ANNOUNCEMENTS

FREE VIDEO ON DEMAND (VOD) TRIAL FOR FREEZE MEMBERS - If your membership is currently on freeze, beginning January 1, 2021 the YHC Video on Demand library is yours to use as a free trial for one month. The Video Library has been activated on your frozen account at no additional charge. Go ahead and take as many VOD classes as you'd like at your convenience for the month of January!

We're "open"

We are offering 25 streaming and outdoor classes along with our growing Video on Demand library. Per the recent [San Carlos Health Guidelines](#) we are not permitted to offer in-studio classes until we receive a green light to reopen.

HOPE FOR THE NEW YEAR

At Yoga Health Center we are hopeful that 2021 will be a great year for all of us. We've set up a new word cloud to gather your thoughts on hope for the new year. [Click here](#) to add your thoughts and wishes.

What are you most hopeful for in 2021?



CLASS CHANGES & UPDATES

Due to the Pandemic circumstances, our class schedule will remain 'fluid' and subject to change on short notice.

Class Cancellation Streaming

Sundays at 8:00 am, **Streaming Core Fit with Val**

Class Cancellation Outdoor

Sundays (Temporarily) at 9:15 am, **Outdoor Core Fit with Val on Cherry Street**

(Stay at Home order resulted in the City keeping the street open until the order is lifted.) Please see below for the new Sunday OUTDOOR class time and location!

Class Additions Streaming

- Mondays at 11:15 am, **Streaming Cardio Core with Robin** (begins January 4)
- Wednesdays at 8:00 am, **Streaming Hips + Yoga with Regina**
- Fridays at 8:00 am, **Streaming Power Yoga with Manju**

New Class Times

- Tues & Thurs 9:00 am, **Streaming Iyengar with Maria**
- Sunday 10:30 am, **Outdoor Core Fit with Val** (*Wellesley Crescent Park - new time and location in place of the 9:15 am Cherry Street Class*)

Class Additions Outdoors

- Wednesdays at 11:15 am, **Outdoor Core Fit with Val** - Wellesley Crescent Park (begins January 6)
- Fridays at 11:15 am, **Outdoor Walk, Talk & Move around Town with Val**
- Sunday 10:30 am, **Outdoor Core Fit with Val** - Wellesley Crescent Park

Classes Held Outdoors

We're happy to report that our outdoor classes are becoming very popular. Below are some things to consider when you plan on attending an outdoor class.

- Remember that the weather is the ultimate factor that determines class cancellations, so be open to changing your plans if it's raining, or when the Air Quality Index reading is too high.
- The easiest way to check the AQI quickly is via our YHC custom app (goyhc) where class updates and push notifications are reported. If a class becomes cancelled, you will receive a text and/or email depending on what you have subscribed to in your MindBody profile for reminders and schedule changes.

Our AQI policy: If the air quality number is above 100, the class will be cancelled and you will not be charged a late or no show fee.

NEW MEMBERSHIPS

New Monthly Value Memberships

Memberships auto-renew monthly. No contract required, can cancel anytime. Monthly memberships are non-transferable and cannot be shared. All existing memberships remain 'as is' unless you make a change. If you have questions, please email us at



membership@yogahealthcenter.com.

New memberships now available. All auto pay, month to month.

- Video On Demand (VOD) Only - \$19 month, unlimited
- Streaming Only - \$39 month, unlimited
- Streaming + VOD - \$49 month, unlimited
- Streaming + VOD + Outdoor* - \$69 month, unlimited (*excludes In-studio classes*)

GOLD 8 Membership - \$125/mo

- In Studio classes, Streaming + VOD + Outdoor*
- Includes attending up to 8 in-studio classes per month, 2 per week
- No rollover of unused classes
- You can purchase any additional classes at \$10 per class

**Seasonal - subject to weather and air quality conditions*

Videos on Demand for All Memberships and Class Packs

Videos on Demand are now included with all memberships and class packs. Please contact membership@yogahealthcenter.com if you have difficulty accessing Videos on Demand (VOD).

One of our new Video on Demand, just released is Pro Legs and Cardio with Yelena. A 15-minute class sure to tone your legs and a cardio workout that will leave you feeling great. Modifications are offered for all levels to participate and benefit. A New Years treat! ([CLICK here to view](#))

YHC MOBILE APP



Book a Class With Ease

Use our customized Yoga Health Center App to book your classes. Enter either 'goyhc' or 'yoga health center'.

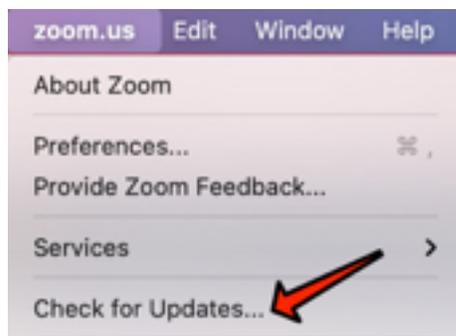
99% of the time when there are problems with booking a class, the issue originates from the user's end. Perhaps the user wasn't familiar with the booking process or didn't follow the instructions carefully or wanted someone else to do it for them. These are all common problems (see FAQ's) that can be remedied by using our YHC custom app which has been hailed by YHC members as the easiest way to book a class and get the most current info on class

changes and cancellations.

We strongly encourage you use our custom app so you don't "lose it" and miss out on your class. We created a special [FAQ page](#) that you can refer to so you can troubleshoot your issue and resolve it successfully (and independently). You'll feel good about figuring it out for yourself. **Note: Please be sure to enable notifications on your mobile device to receive notifications.**

Please **DO NOT USE** the MindBody App

You **CANNOT** receive notification updates from YHC when you use the MindBody app (see photo right).



Check Frequently for Zoom Updates

Zoom is continually updating the features and security. It's important that you use the most recent version of the application to ensure the best experience and performance. For a little fun, check out the new video filters under Preferences/Backgrounds and Filters/Video Filters. You can add a face mask or some cool sunglasses! To check for updates to the the Zoom app menu, and select 'Check for Updates'.



Minimum Attendance for Class Success

During these challenging times, and to continue provide the best student experience, we need to have a minimum attendance of 12 students over several weeks to keep a class on our schedule. We will cancel classes that have a consistent record of low attendance. Please check our schedule regularly for class updates. We highly recommend using our YHC branded app for the most current information.

Waiver for Outdoor and In-Studio Classes

Complete the mandatory waiver one time and you're all set and ready to take all of our YHC outdoor and in-studio classes. [Click here](#) to complete the waiver now. Also, when you pre-register for outdoor and in-studio classes, the waiver link will be included in your confirmation email.

MindBody Pre-Registration and Waitlist Notifications

With in-studio and outdoor classes and waitlisting, it's more important than ever to turn on your email and text subscriptions in MindBody and on the YHC mobile app. You'll receive notifications for when your waitlist status turns into a space in class or to see the class location. Go to your MindBody account under My Info/Profile/Personal/Reminders and Schedule changes.

Is Your Membership in Freeze Status?

Come on back! Check out our [class pack bundles & value memberships](#) to get back into your fitness routine. Or to keep your routine fresh and varied. We offer many types of classes including outdoors, online streaming and Video On Demand.

TEMPORARILY CLOSED - CHERRY STREET "SUNDAES"



Outdoor Core Fit with Val on Sunday mornings has temporarily moved to a new location and a new time until we can return to a car free Cherry Street. Come join our outdoor class at Wellesley Crescent Park in Redwood City at 10:30 am every Sunday! Physical distancing and mask wearing will be followed! Pre-registration is required.

Merchant Alliances

Show your YHC key tag and mention that you're a Yoga Health Center member and receive discounts at your favorite restaurants and shops including:

- [Siamese Kitchen](#) – enjoy a 10% discount on take out Monday-Friday. Family owned, delicious Thai food.
- [La Cuisinette](#) -10% discount on take out and dining outdoors.
- [Graffeo](#) –10% taken off all already discounted purchases.

"This studio gives me LIFE". *I first joined last December because they had a fantastic trial program and 80+ classes per week. At the time, I was hitting 7-9 classes a week and feeling a new kind of energy with their many offerings and their incredibly kind, friendly, and funny(!) staff - major shout-out here to Kristi, Val, Regina, and Susan.*

Post-COVID they were quick to pivot to online streaming classes and video on demand. There were some kinks in the beginning (which was true EVERYWHERE), but they were diligent with asking for feedback and implementing improvements. I'm currently attending 3-4 livestream classes per week alongside some VOD. Though I miss attending in-person classes (the energy and vibe is unmatched), I do love making up my own mix of VOD options - for example, choosing to do a 30 minute session of the cardio video combined w/ the 50 minute strength-focused core fit video. If you're looking for a great virtual workout (and then in-person down the road), I'd highly recommend YHC."

-- Sheila C. December 21, 2020

JANUARY "MOVE" QUOTE

"Whatever gets you moving and out of your head is good for you." Marty Rubin

Previous Monthly Movement Quotes

- **December** - The body benefits from movement and the mind benefits from stillness. – Sakyong
- **November** - Trust only movement. Life happens at the level of events, not of words.
- Trust movement. – Alfred Adler
- **October** - Movement is tranquility - Sterling Moss
- **September** - The body benefits from movement and the mind benefits from stillness. – Sakyong Mipham
- **August** - In the midst of movement and chaos, keep stillness inside of you. Deepak Chopra
- **July** - To me, if life boils down to one thing, it's movement. To live is to keep moving. – Jerry Seinfeld
- **June** - Change happens through movement and movement heals. – Joseph Pilates
- **May** - The only way to make sense out of change is to plunge into it, move with it, and join the dance. – Alan Watts
- **April** - If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward. Martin Luther King Jr.
- **March** - All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused. – Martha Graham

KEEPING YOU HEALTHY

World Class Climate Control Systems to Help Keep You Safe

At Yoga Health Center our climate control systems are **state of the art that** constantly combine the optimum ingredients of heat, continuous clean fresh air, warm humidity and continuous ventilation, CO2 monitoring and **pathogen control**.

In Studio 1 & 3, **our**



germicidal ultraviolet light rays eliminate and destroys bacteria, odor, mold & mildew, viruses, V.O.C., cleaning chemicals, smog and other airborne pollution. Our system removes contaminants and allergens from the room air before they get introduced into the yoga room(s).

In addition to constantly purifying the air from harmful bacteria, YHC installed a humidity system designed to: a) remove excess humidity when it's too high or, b) add moisture when the air is too dry.

As a result of our state of the art climate control systems, our students are energized and can focus on their yoga practice without worrying about the room environment. **[Click here for a detailed description of our climate control system.](#)**

YHC App Now Updated

It's the best way to register for classes and to be up-to-date. With the YHC App updated you can now pre-register and purchase classes directly and to place them directly into your calendar. Be sure to ENABLE NOTIFICATIONS.

Using the App is a quick and easy way to register for all your live-stream classes and to purchase your classes and class packages! From SCHEDULE, press the CLASS you want to take, then press BOOK CLASS. FitGrid will email the usual confirmation and class link.

Please search for and download our custom 'Yoga Health Center' App on your smart phone from the [App Store](#) or [Google Play](#) to receive last-minute notices, view your class attendance, class schedules, changes, and track and redeem Perkvile Points. You can quickly register and check into classes, make purchases and much more!

Take a Tour of Our Studios! [Click here to begin tour](#)

STAY CONNECTED

