



## Streaming Class Registration Process

You must **pre-register** for classes using [MindBody Online](#), or from the STREAMING CLASSES tab on the [YHC website](#), where a calendar of over 30 classes week are displayed, similar to the class schedule you've used in the past.



## Class Registration Tips

1. **Register at least one hour in advance** to allow sufficient time to: a) process your registration and b) to send you an email confirmation with class links.
2. You can plan your week and register for multiple classes in advance. Register for classes until your next billing date. (i.e., if your billing date lands on the 10th of the month, then you can register for classes up to and including the 9th).
3. Be sure to have your Zoom software upgraded to the latest version. As of May 29th, you need to be at version 5.0 or higher.

## VIDEOS ON DEMAND

### Spotlight Class

Clear your closet out for Kelly! YHC members are raving about Kelly's Core Fitness class. One very clever YHC member even cleared out a walk-in closet and put in a small space heater to create a workout space. Another member reports that after doing Kelly's class in the morning for 25 minutes, the fitness effects last all day. Kelly's class is better than caffeine to raise your energy and keep your mind happy and body healthy.



**Videos on Demand** are free for active members and to everyone else for a limited time. Did you know that we have 15 different class videos to choose from? Select your favorite class or one that is new to you and take it at any time day or night. They're FREE for a little while longer, so check them out now on the [YHC homepage](#).

## ANNOUNCEMENTS

### Safe Home Delivery

Need new blocks or a strap for your home studio? We'll make a safe home delivery straight to your door. Email us at [yhc@yogahealthcenter.com](mailto:yhc@yogahealthcenter.com) and let us know what you need!

### Have a Favorite Streaming Class?

Which streaming class and time would you like to see more of on our schedule? Let us know the class and time preferred. (Example: Hot 26+ at 7:00 am) To submit your response, [click here](#)



## Pre-Opening Survey coming in June

YHC will be sending out a survey around mid June requesting feedback from our members regarding the studio's re-opening as well as our latest plans on how and when we will reopen. We are subject to state and county guidelines as well as our own ideas on how to keep everyone safe. We welcome your thoughts. [yhc@yogahealthcenter.com](mailto:yhc@yogahealthcenter.com)

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### YHC Supports the City of San Carlos

The City of San Carlos surveyed local businesses to determine if closing off Laurel Street to car traffic would be perceived as a good idea. The City surveyed businesses on the 600, 700 and 800 blocks of Laurel Street and YHC was one of 38 businesses to complete the survey. We connected with the City to offer support and gain a better understanding of how our fitness classes and retail might fit into the plan to build the City's downtown area back to being a vibrant and thriving community.

A street closure would allow local businesses to utilize their new outdoor sidewalk and parking aisle space by bringing their merchandise outside. It appears that the City will proceed with this pilot plan starting in June and going on until the fall. With this experiment, there will be a lot to learn from businesses about how transforming Laurel Street into a pedestrian only thoroughfare may change people's behavior. For all of us at Yoga Health Center, this could be the new beginning of social fitnessing outdoors!

A few of our initial thoughts are to conduct some of our classes outdoors, partnering with local businesses to provide food and drinks after workouts and possibly create a pop up fitness retail shop.

We are VERY interested to hear about what you think. Please email us at: [yhc@yogahealthcenter.com](mailto:yhc@yogahealthcenter.com) Your input will guide our class offerings and other business moves. We're creating a short survey for the YHC community that will be sent out to you in mid-June where we would like to hear your ideas.

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### Facebook YHC Members Group

Have you joined our **NEW** Facebook YHC Members Group? Joining this members group will serve you well, because it will allow us to serve YOU better.



To join:

- 1) FB requires you first to 'Like' Yoga Health Center on [Facebook](#)
- 2) Join the [YHC Members Page](#)

This group offers a space for students, teachers, and the center to stay connected with each other. A place to share new recipe ideas, yoga poses, quarantine tips/tricks. A space to connect and to find updates on policies, plans, schedules, special events, surveys, member-only special events and many YHC perks not available elsewhere.

We're always looking for ways to connect and strengthen our community. Please let us know your ideas of what you'd like to see on the Members Facebook Group page by contacting us through our [Instagram](#) or [Facebook](#) accounts or send an email to [yhc@yogahealthcenter.com](mailto:yhc@yogahealthcenter.com).

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### YHC Book Club

During our book club meeting last weekend, we explored the natural beauty of the North Carolina marshes--the place in which our book *Where the Crawdads Sing* by Delia Owens takes place. Our



discussion of *Crawdads* was lively and stimulating. It was both empowering and emotional to follow the story of Kaya, a marsh girl whose life story was intertwined with events and attitudes of the coastal North Carolina community. Special thanks to Sue Manian and Tina Dress for facilitating our discussion.

Join us for our next book club on **June 28 at 6:00 pm.**

We are reading *Mao's Last Dancer* by Li Cunxin, the true story of a great Chinese dancer who was plucked out of his community as an 11-year-old boy to train in professional ballet. If you need to purchase *Mao's Last Dancer*, please consider supporting [The Reading Bug](#). It's a local, independent bookstore in San Carlos that is taking web orders and is open for order pick ups. One week prior to book club, please [contact us](#) and we'll provide you with the meeting ID to join the Zoom conversation.



## YHC Blog

*That last week before the statewide SIP (shelter in place), I was at the studio every day, wondering, "Is this OK? Can I really afford to be here?" As Val said, "It's coming, and you have to be ready to do this for yourself, on your own." That's a metaphor for so many*

*aspects of living in this strange new world. [Read more](#)*

*When the SIP started I was feeling down. I was so used to going to YHC almost daily to work out and talk with people, some of whom have become friends. I really started to feel good about the progress I was making in my exercise routine. [Read more](#)*

[More from Brad's Blog](#)

## NEW TEACHER FEATURE

### Madison Blanton

#### 1) Tell us something about yourself.

I was born and raised in the heat of the Arizona Desert, which is probably why I love hot yoga. It reminds me of home. I grew up in a Phoenix suburb (Glendale) and moved to California to be closer to my family.

#### 2) When did you start doing yoga?

I took my first yoga class in 2011 at Glendale Community College (in Arizona) because I was always interested in it. When I moved to Belmont in 2015, I found Yoga Health Center and have been a regular hot yoga practitioner ever since.

#### 3) Do you have a favorite class? Favorite pose?

It's hard to pick a favorite class...but I definitely prefer the heated yoga styles...Hot Fusion, HOT 26+, and Heated Vinyasa. My favorite pose is Standing Bow Pose. I feel so powerful in that pose—energy radiating from my fingertips, that oh so good feeling as my spine arches and my shoulders start to open, and just the overall beauty and grace of the pose as you get into that peak Bow Posture. It's a power pose for sure.

#### 4) What do you love about Yoga Health Center?

I love the sense of community here. It's not just a gym where people come and go. Friendships and relationships are forged between student and teacher, student and student, and teacher and teacher. It's the type of place, that from the moment you walk in...you don't really want to leave.

#### 5) Do you have a fun fact about yourself?



Splash! I was named after Madison the Mermaid from the movie Splash with Daryl Hannah and Tom Hanks. That movie was playing in theaters when my mom was pregnant with me delivered me. My mom's water didn't break before I was born. I was born on the wave of my mom's water breaking and I came out with a splash!

**6) What's your favorite quote?**

"You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist." (Nietzsche) I like this quote from Nietzsche because it makes me feel confident. There's just the decision you make for yourself. This quote taught me to have confidence in myself.

## MEDITATION INSTRUCTOR OF THE MONTH

### Tara Shannahan

**1) When did you begin your meditation journey?**

I started regularly practicing visualization techniques while I was competing in hunter jumper horseback riding. I would visualize the pace of the course a couple of times before going into the arena.

**2) What are the greatest benefits of a meditation practice, given your experience?**

Personally, I found meditation to help with quieting the mind, reducing stress and anxiety, increasing mental clarity, and improving attention span. I recently was surprised to see that meditation reduced chronic pain, and with this person's dedication they were able to cut a repetitive pain cycle. In general, I have found meditation can help heal the body in more ways than we realize.

**3) What experience do you hope to bring to your students in each class?**

I know it can be difficult to get into a state of meditation. So, with a couple of extra tools, I hope to help get you into a meditative state of mind faster. For example, to be able to decompress from stress, encourage a peaceful place, and assisting in achieving an inner state of bliss.

**4) What is your favorite quote about meditation?**

My favorite meditation quote is "BREATHE". I often use it as: "Breathe in deeply... and out." It's simple, powerful, and if you let it, it can quickly change your state of mind.



## YHC REVIEW OF THE MONTH

*"I am appreciative of YHC being so flexible and available during this unprecedented and crazy time. It seems like YHC has been one of the few constants from the very beginning of SIP. I think we all thought it would be a week or two and then things would go back to normal, but as we now know that is not the case. YHC was able to move from offering in person classes to streaming classes through Zoom very quickly and I very much appreciate how they have worked so hard to keep as much normalcy in our lives as possible.*

*Although the SIP has been difficult for everyone to varying degrees, I know that without yoga classes multiple times a week with familiar instructors it would have been much harder for me. Sure, I could have looked around and found other classes to stream to fill in the void, but working out with other YHC members and familiar YHC instructors has made all of the difference. Having this sense of familiarity has made this trying time much better for me and by extension, my family! Thank you YHC!"*

**– Betsy**

## POSE OF THE MONTH



## Kapalbhati Pranayama

Imagine a breathing asana that helps you detox your lungs, clear your mind and warm up your entire body. That pose would be the ideal antidote to coronavirus stressors. If you've ever attended a HOT YOGA 26+ class, you've done this pose! It's kapalbhati, the pose right before final savasana. You don't need to be in a hot yoga class to do it. First, sit up straight and tall. Relax your belly. Now inhale slowly through

your nose and then exhale forcefully out of your mouth or nose for 50-60 counts in rapid succession. Each time you exhale, contract your abdomen. Inhalation occurs naturally. Practitioners of kapalbhati report these benefits: a more positive attitude, emotional stability, better digestion and circulation, stress relief and even a beautiful glow. Wow! We could rename kapalbhati as "full moon pose." Give kapalbhati a try and release your beautiful self. Show your glow.

## QUOTE OF THE MONTH

**Change happens through movement and movement heals.**

*– Joseph Pilates*

## PHOTO OF THE MONTH



### **The Three Maskateers**

*Can you tell who they are?*

### **YHC App Makes it Easy!**

Download our custom **Yoga Health Center App** ON YOUR PHONE from the [App Store](#) or [Google Play](#) to receive last minute notices, view your class attendance, see class schedules, changes, etc. Also track and redeem Perkiwauke Points, check into classes, and much more!

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

## STAY CONNECTED

