



YOGA HEALTH CENTER

SAN CARLOS CALIFORNIA

YOGAHEALTHCENTER.COM

[CLASS SCHEDULE](#)

NEWSLETTER • MARCH 2020



MOVE INTO MARCH!



Join the 30-day Winter Fitness Challenge

March 1st is the first day of our Winter Fitness Challenge. If you haven't signed up, there's a space for your name to be written on the yoga and fitness class tracker found on the studio bulletin board. We have close to 200 challengers ready to begin having fun with their fitness friends. Join the challenge and gain support and encouragement with this health conscious, fun

group. Friend us on Facebook and you'll receive an invitation to join the **Winter Fitness Challenge Facebook Group** where photos can be posted and inspiration abounds. The challengers will all receive Perkvile Points as well. Take 15 classes in the 30 days and receive 250 points, 30 classes or more gets you 500 points (total).

CLASSES & EVENTS

New Class Time

- **Core Fusion.** Fridays, 9:00-9:50 am, Teacher Susan

New Classes

- **Flow Yoga Heated.** Mondays, 9:15-10:30 am, Teacher Ali (Begins 3/2)
- **Ecstatic Dance.** Fridays, 6:15-7:15 pm, Teacher Kelly C
- **Flow Yoga Heated level2** Saturdays, 4:15-5:20 pm, Teacher Kristi (Begins 3/7)
- **Yoga Power Flow.** Non-heated. Thursdays, 6:15-7:20 pm, Teacher Kristi (Begins 3/12)
- **Meditation w/Sound Healing.** Sundays, 5:45-6:35 pm, Teacher Brad & others (Begins 3/8)

Move to the Music

For those of you who like to move with the music, we will be offering a new **YHC Hot 26+** class led by Teacher Madison at a date TBD. Madison did a research study during her teacher training about the beneficial role of music in a yoga class. Please read her study if you are curious, and/or if have your doubts. Better yet, come and try the class and see for yourself how music affects your experience.

Bring Back Pilates Plus Class?

We've had some requests and for those of you who are interested in the return of our non-heated Pilates Plus class (formerly on Tuesdays from 6:10-7:10 pm), please fill out this survey. The Pilates Plus class combines a sequence of classic Pilates mat exercises with HIIT and strength training. Click here for the benefits of mat Pilates

CLICK HERE FOR SURVEY



Yoga Teacher Training Update

"The TTC has given me the support and guidance to be so much more. It's opened my mind to help me create more space in my life to pursue more joy." – Angelina

We are pleased, proud and profoundly moved by all of our TTC graduates. Professionally, each one has learned how to teach a high quality, safe, accessible and challenging yoga class. Personally, each trainee has transformed through engaging in the hero's journey in which they discovered inner strength and uncovered inner beauty that was previously unseen. In addition, the trainees learned how to lead a meditation class. They were quite busy! Please be on the lookout for our shining stars in future yoga and meditation classes and workshops here at YHC. You will benefit bountifully from their gifts.

Are you interested in becoming a Vinyasa yoga teacher? If so, hooray! We'd love to create a **Vinyasa Teacher Training Course (VTTC)** that works for you in terms of time and format (e.g., weekends only for 10 weeks, one month intensive). Please [click here for the VTTC survey](#) to let us know your preferences for time and format. Thank you.

Meditation Workshops

Yoga College of California is happy to announce that we will be offering a meditation workshop series. There will be five workshops on five consecutive weekends. Each workshop will be 90 minutes.

Saturdays, 1:00-2:30 pm

April 11 - May 9 (5 Saturdays)

Cost: discounted from \$70 to \$35 drop-in, \$125 for 5 workshops



Added bonus: Since meditation is all about generously creating a strong sangha (community) and encouraging social fitness and close connections, **you can share your workshop series with others**; if you can't attend a workshop that you paid for, you can designate someone else to take your place.

If you are interested in attending these workshops, please write your name and email address on the poster on the bulletin board at YHC and/or contact Brad at brad@yogahealthcenter.com. We will curate the meditation series based on your input from email correspondence. For example, you can let us know if you want to focus on using meditation practices to become less stressed out, or to forgive for good, or to be kinder to yourself. Brad will choose the meditation types that best suit your goals.

FEATURED NEW TEACHER

Kim Haddad

1) Tell us something about yourself.

I am a San Francisco native. I've lived in San Carlos for over 20 years and have worked here as a veterinarian. I've always been a competitor—in gymnastics, running, and especially ultimate frisbee. My women's ultimate frisbee team has won national championships twice and the world championship once. I was also a competitive triathlete when I lived in Florida. Some of my hobbies are skiing, hiking with my dogs, travel, gardening and cooking.



2) When did you start doing yoga?

As a result of multiple surgeries and injuries sustained from competitions and my active lifestyle, I came to yoga to help me with recovery. I started doing yoga in 1999 at the old YHC on El Camino. I found hot yoga to be very challenging and what kept me coming back was that after every class I felt 1-2 inches taller.

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

My favorite class is any YHC Hot 26+ class, especially the 90-minute classes. I love the 26 postures because I know what to expect and what's next. It also works for me because it's precise. Separate leg stretch is my favorite pose because it stretches my lower back and hamstrings...the stretch is luxurious!

4) What do you love about Yoga Health Center?

I love many things about YHC. The facility is clean, open, airy and has an outdoor feeling. I feel a sense of familiarity with the people who practice there. I also like the continuity of instructors who have been teaching at YHC for many years.

5) Do you have a fun fact about yourself?

I've climbed Mt. Kilimanjaro four times to raise funds for animal advocacy work. I am a cofounder of the Global Federation of Animal Sanctuaries (GFAS), a nonprofit organization that provides lifetime sanctuaries for animals from circuses, zoos and the illegal pet trade. GFAS also takes care of wild and domestic animals that were abandoned, displaced, or injured by humans and natural causes. The sole purpose of GFAS is to ensure that these animals receive the highest standards of care during rescue, rehabilitation, and the rest of their life.

6) My Favorite Quote

"An idea without a plan is just a dream." –Dave Ramsey

Community Corner

By Brad Nitschneider, YHC Community Writer

Moving Forward with Val: Conversations About Movement

"Move" is the single word mission of Yoga Health Center. Movement is such a powerful force that it can bring meaning and purpose to life. Think about it: Movement is an essential part for living a healthy and happy life. Our bodies and emotions naturally revel in free movement and expression. For example, after taking one of YHC's fitness or yoga classes, you probably feel a sense of joy from the simple act of moving and celebrating life-in-motion with others who are also joyfully dancing through asanas or moving with the music in fitness classes. Let's be real; we are also grunting, groaning and grimacing during the challenging parts. It's a euphoric and excruciating experience. We smile as we sweat and we bemoan the soreness that we feel a few days



later. [Read more](#)



Middle Schoolers Get Mindful with a Mouthful

On Wednesday, February 26, YHC hosted 16 sixth and seventh graders from Crystal Springs Uplands School. Students explored a toolbox of mind, body and spirit nourishing events. Students participated in a yin yoga and sound healing (YY/SH) class, practiced walking meditation, and engaged in a mindful eating activity. Students also did a YY/SH meditation observation exercise in which they wrote down their thoughts and feelings before and after the YY/SH experience. Overall, students reported that their YHC experience was “calming, soothing, relaxing, peaceful, and joyful.”

Community Classes

We invite you and your friends to attend our one-hour Saturday and Sunday community classes (1:00-2:00 pm) which showcase our trainee teachers shining their light. Community classes are free to the public. We will be offering yoga classes and meditation classes in the weeks to come. If you are bringing new-to-YHC students, thank you and please make sure to arrive 20 minutes before class (around 12:40 pm) so they can register and check in. Then you can show them around our beautiful studio spaces.

- Hot 26+ Community Class (taught in Spanish). Sunday, March 1. Teacher Angela
- Hot 26+ Community Class. Sunday, March 15. Teachers Vida & Lisa
- Hot 26+ Community Class. Saturday, March 21. Teachers Scott & Mary

* Community classes are free and all are welcome to attend! The heat will be set at a lower temperature than our weekly, regularly scheduled Hot 26+ classes.

STUDENT OF THE MONTH



Naresh Kapahi

Tell us something about yourself. I immigrated to my adopted country from India in 1970 and have thoroughly enjoyed my life in the US. I have been married to Neera for 39 years and realized early in our marriage that she is always right. My finance career lasted for 45 years and in December 2019, I retired from the position of Director of Finance at the San Jose Convention Center.

When did you start doing yoga? I went to my first Bikram yoga class in Millbrae in the summer of 1995. I started coming to Regina's cozy studio on El Camino Real soon after my package of classes was used up in Millbrae. I am very passionate about fitness and maintaining good health and invest a lot of time trying to achieve it. I try to balance fitness and fun without compromising either. My efforts in helping friends to achieving this goal have generally been unsuccessful, but I keep trying without being pushy. My grandfather inspired my passion for fitness when I

was 12 with daily pushups, pullups, etc. And despite long gaps over the years, I have never stopped.

Do you have a favorite class? Favorite pose? I am most comfortable in the Bikram class; however, I intend now to explore the wide variety of options available at YHC. I attended the hot flow yoga class a couple weeks ago and have to admit, it kicked my behind and I am hooked. The awkward pose is my favorite because it helps me build lower body strength that I sorely need.

What do you love about Yoga Health Center?

YHC offers by far the friendliest, cleanest and most supportive environment. I have tried Bikram studios in Singapore, Bangkok, Arizona as well as several others in the Bay Area and have yet to find one that compares favorably to YHC.

Do you have a fun fact about yourself? To the surprise of my closest friends, I love Rock & Roll music and have been known to occasionally drive down the freeway with the head bobbing of a teenager.

My Favorite Quote: *“A friend is someone who gives you total freedom to be yourself.”*
– Jim Morrison

POSE OF THE MONTH



Sasangasana (Rabbit) Pose

Joseph Pilates is credited with saying “you are only as young as your spine is flexible.” A flexible spine can be yours through mindful movement. Spinal flexion (rounding) is one of the basic movements of the spine that brings a full range of motion...and with it a feeling of freedom and youthfulness. Picture how a bunny moves. In the YHC Hot 26+ series, you have the opportunity to embody your inner bunny as you safely move your spine into full flexion through curling your

front body into a ball, simulating a forward roll, but without rolling into a somersault. To safely do this asana: 1) ground 95% of your body weight into your legs, knees and feet, 2) secure your hands firmly to hold your feet and lift your hips up, slowly pulling your pelvis forward, then lastly, 3) gently touch the crown of your head on the floor. All of those preliminary movements free the back body to lift and e-x-p-a-n-d. Wheeeeeee!!! Have fun, get free and do the rabbit safely at YHC. You'll feel hop, hop, happy.

Quote of the Month

“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

RETAIL ROUND-UP

Men's Shop - Now Open!

Thank you, dear Yogi, for your patience. For over a year now, you've watched all the Yogini shop our boutique, wondering when your day would come – and it's finally here! YHC is proud to now carry a full men's selection of apparel from tried and true, made-by-Yogis brands like Manduka and Vuori. Have a flip through the rack before or after class, and see what you covet for a more comfortable and supported practice!



You're Going Places!

Are you a Yogi or Yogini on the go? Do you travel for work? Are you going to be in the city and want to catch a class, but don't want to lug your full-size mat all day? We've so, totally got you, Omie. Check out the PRO Travel mat by Manduka – freshly stocked on the boutique wall in 5 fabulous colors. Roll it, fold it, pack it however you like – it goes where you go, and never asks “are we there yet” – Guaranteed!

Ommm... My Goodness Sale!

Take a seat at a 15% discount, dear Yogi – on one of our cozy, crescent-shaped Zafu meditation cushions. Get your OM on, and invite bliss to follow! Limited to in-stock pillows, valid March 13-17th.



Use Your Perkvile Points!

Rewards has been updated and you can use Perkvile points to purchase YHC branded merchandise items and classes. Your points per class taken have also been doubled. [See Perkvile](#)

ANNOUNCEMENTS



Did You Know?

Did you know that you can pre-pay for incidentals and load money onto your account with \$10, \$20 or any amount to cover last-minute incidental charges? We're offering this time-saving and convenient service where money on your account paid in advance will cover your incidentals like mat and face towel rentals, water, energy bars, chai tea and more. Please ask any one of our staff members at the front desk and they will assist you with this.

Classes Survey

Yoga Health Center is seeking input from our community on what classes you prefer. You will be awarded 100 Perkvile Points as a thank you. Your contact information will not be shared. Please [click here](#) to answer this brief survey.



The Key to Getting Into Class

We want you to get into the class that you have been looking forward to taking. It's as easy as 1-2-3!

Here is how to ensure that you get a space in your desired class:
1) show up early, 2) sign in, and 3) put down your mat.

Early means a minimum of 15 minutes before the class starts, especially for our high demand fitness classes on the weekends. Please wait outside the studio door if it is in the process of being cleaned. If you arrived early and are signed in, you're good to go...after the room is ready. Reminder - your mat also needs to be in the room to reserve a spot, left corner of mat aligned with the orange dot. We look forward to seeing your happy face, fully satisfied and relieved that you got into the class you wanted.

Harmony & Courtesy

Here are a few ways to make a difference in keeping the studios clean and comfortable for everyone.

- Line up your mats with the orange dots on the floor. Left corner of your mat next to the orange dot.
- Anytime you exit a heated class, please wrap a towel around you, so that you don't create a wet trail outside the studio and throughout the lobby and hallways.
- Wear shoes when you enter the men's and women's restrooms. No bare feet!
- Lockers in the dressing room are for **day use only**. Please do not leave your belongings behind or take the locker key with you when you leave the studio because the locker then becomes unusable.



YHC App Makes it Easy!

Download our custom Yoga Health Center App 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 Perkville Points, check into classes, and much more!



Google Play



Take a Tour of our studios.

[Click here to begin tour](#)

REVIEW OF THE MONTH

LISTEN360 REVIEW: *"I love the options available - fun and challenging. And the yin classes have been great for me in conjunction with the fitness classes. The front office staff is always a pleasure. My second home ♥ thanks to Regina and all the fabulous staff members!"* **Lisa M. 2/2/20**

PHOTO OF THE MONTH



Teacher Trainees

HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!

STAY CONNECTED

