



YOGA HEALTH CENTER

SAN CARLOS CALIFORNIA

[CLASS SCHEDULE](#)

[WEBSITE](#)

NEWSLETTER • JANUARY 2020



New Year's Message

You are in good and caring hands here at YHC. Our staff and teachers work hard each day and night to help create an environment in which we all are encouraged to respect and support each other. Think: sacred space. You are sacred space. Your fellow students are sacred space. And the studio in which we joyfully connect and get healthy together is sacred space.

To prepare yourself for another outstanding year here in the sacred space of YHC, we encourage you to give yourself a break from pesky problems and annoying frustrations that we experience daily (such as parking). Come home to yourself here at our YHC refuge. You can quietly, compassionately, and kindly work through your tough stuff on the sacred space of your yoga mat. Work out. Work it out. Let it go.

The potential YHC experience that awaits you on every visit to YHC in 2020 is full of positive vibes and our unique YHC brand of healthy, happy, healing mojo. Like Regina's warm, spicy and soothing chai. Come home to the Happy House of Regina. And please wipe off your feet before you enter (this is a metaphor for...you know what). Keep your actions and talk here in YHC sacred space kind and caring. The Happy House of Regina has a special power to bring out the best in you. Surrender to your goodness.

We wish you a happy and healthy 2020!

Thank you Open House Participants!

It was great to see so many of our students and their guests turn out for the YHC's 23rd Anniversary Open House on December 7th. Thank you to all of the sweet local vendors who joined us



in Studio 2 for shopping, food and fun. Caliva, Graffeo Leather, Rodan and Fields, Many Lives Chinese Medicine, Donna O Jewelry, Simply Beauty Minerals, My Lavender Crush, Elena's Massage and Lily's Fine Eatz made the day extra special by sharing their wonderful products, expertise and

services!

Food was provided by our neighboring businesses. Huge thanks go out to Peet's who donated delicious hot coffee and to Patxis who served us scrumptious pizza and Caesar salads. Thank you Regina for topping it off with delicious, just out of the oven organic oatmeal cookies, and heart-warming chai.

Thanks to our lovely YHC staff and teachers like Lauren, Karen, Madison, Emily, Carrie, Christina, Elena, Susan, Val, Kat, Brad, Bill, and Maria who all made the day extra special. They were busy assisting at the front desk, offering tours, taking pictures, answering questions about teacher training, and selling apparel, classes and memberships. We had so much fun welcoming all of our students and visitors and we hope that you did too!

UPCOMING CLASSES & EVENTS

Vinyasa Yoga Teacher Training Update

The Vinyasa Yoga Teacher Training will be held later in 2020 with the schedule TBA.



30-Day Winter Challenge Begins February 1st!

The more classes you take, the more points you'll be awarded! 250 points for 15 classes completed. 500 points (in total) for 30 or more classes.

Be one of the three top winners and receive Perkville points plus YHC Apparel. Only classes taken at YHC count and they do not have to be taken on consecutive days. Have fun and make each class count by enrolling in the challenge!

New Weekly Classes in the New Year!

- **INFERNO HOT PILATES. (60 mins non-heated)** Begins Monday, January 6, 7:30-8:30 am. Teacher Yelena
- **FLOW YOGA (60 mins non-heated)** Begins Wednesday, January 8, 7:00-8:00 am, and Mondays, January 13, 7:00 - 8:00 am. Teacher Ali
- **CORE FIT (50 mins)** Begins Tuesday, January 7, 7:30-8:20 am and Thursdays January 9, 7:30-8:20 am. Teacher Val.
- **FLOW YOGA (60 mins non heated)** Begins Saturday, January 11, 8:10-9:10 am. Teacher Ciara.

YHC Book Club

Join us for YHC Book Club which meets on the last Sunday of the month. Next meeting is on **January 26th from 1:00-2:00 pm** in Studio 3. We will discuss ***Circe*** by Madeline Miller. The novel reimagines the story of Circe, a lesser-known and yet much-reviled Goddess and Witch from the Greek epic poem "The Odyssey".



Community Corner

By Brad Nitschneider, YHC Community Writer

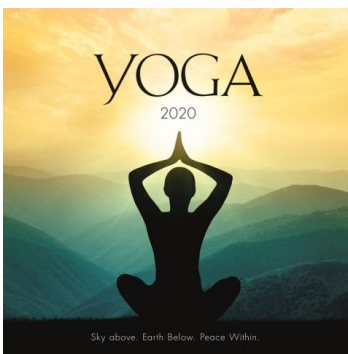


MEDITATION FROM THE MAT

Begin Anew in Way 1 and/or 2

Is 2020 going to be the best year ever for you? Here are two ways that swell superlative can come to pass: 1) make it happen, and 2) let it happen. Let's look at these two ways to work and play. The first approach has to do with focus, forcefulness, and ferocity. You are the powerhouse, alive and vibrating with energy. You have the disciplines of a healthy life going strong: you eat healthy, you sleep well, you think positively, you are generous with your heart, you come to Yoga Health Center to balance your body/mind/spirit. You have a clear plan and you live out your commitments with aplomb. Good for you! You are the bomb of aplomb. That approach requires a certain go-get-'em proactive pushing of the plow of purposeful action. Action. Action. Do, do, do. Go, go, go. Very quintessential SF Bay area vibe. [Read more from our blog](#)

MINDFULNESS NOW



Twins Terrific: Dharma & Karma

It's now 2020. Nice number, eh? Well-balanced. Like twins!! Sometimes when we start something new, certain questions might arise in your yoga-mind: What kind of karma will I have this year? What's my dharma (true purpose, destiny path)? Glad you were wondering because during our teacher training course (TTC) we discuss those very questions through an exploration of ancient yoga philosophy. Please join our next TTC and have the adventure of your life with a groovy group of fellow explorers on the expansive frontiers of learning; "to boldly go where you haven't gone before," to paraphrase a Star Trek saying. [Read more from our blog](#)

POSE OF THE MONTH



Ustrasana

What pose really gets you ready to enter the new year renewed and open to love? Camel. What? Yes, camel pose opens your heart to receive the bounty and blessings of the new year more than any other pose in the YHC Hot 26+ series. How? By bringing into your awareness what you need to let go

of in order to make space for the new. No wonder so many students report surprising physical sensations (like nausea) and strong psychological responses (like fear) in the pose. Not everyone is down with feeling vulnerable; those who are especially resistant to vulnerability are often those who experience the strongest physical and psychological reactions when in the pose. Rest assured you all, when you ride the camel and stay soft with the strong feelings for a few breaths, you will be renewed. Freer. Lighter. Opened.

RETAIL ROUND-UP



Welcome, Joah Brown!

New to YHC is **Joah Brown**, a firm believer that clothes are meant to be comfortable and soft, that rebelling against classic femininity is beautiful, and that one outfit should be able to transition with you from morning to night. Comfort is at their core – this LA-based company knows that when you feel good, you feel confident – and there is nothing healthier or sexier than that!

We're kicking the New Year off right – In YHC style!

Our first offering from the **2020 YHC YOUtique** are these comfy, cozy pullovers made specially for our Yoga Health Center.

Beautifully emblazoned with your YHC or YCC pride, you'll love pulling one on before or after class. Rock your studio-to-street savvy, while supporting our mom-and-pop owned shop!

Perkville

Perkville Announcement

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

Pricing Update for 2020

- One Class drop-in - \$28
- Introductory Offer - \$50
- 5 classes - \$125
- 10 classes - \$200
- 20 classes - \$325
- Gold Member - \$125
- Young Adult Member - \$65
- Annual - \$1295
- One Month Unlimited - \$155

Please Note: There is no price change to current Gold and Young Adult Members. Class purchases do not expire.



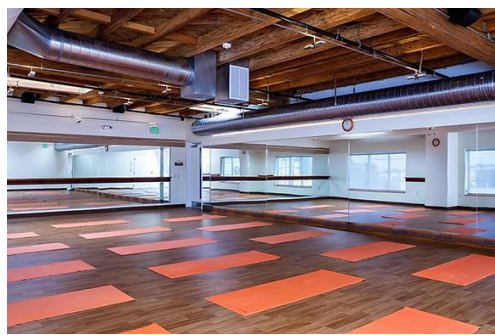
The Key to Getting Into Class

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 15-20 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. Once room is ready. Reminder - your mat also needs to be placed in the room to reserve a spot. We look forward to seeing your smiling happy face, fully satisfied (and relieved) that you got into the class you wanted.

Harmony & Courtesy

Here are a few ways to personally 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.



We Want To Hear From You

Have a suggestion on classes you'd like to see at YHC? New classes, more or less of current classes, new times? What types of yoga gear or accessories? Comments, critiques, ideas on how can we improve? Please use our suggestion box or email us at: membership@yogahealthcenter.com

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 Perkvill points, check into classes, and much more!



Google Play



Take a Tour of our studios.

[Click here to begin tour](#)

YELP REVIEW OF THE MONTH



*Very grateful for this neighborhood yoga studio! Their heated Vinyasa classes are rigorous and fun - especially Kristi's class. Every instructor I've had has been very knowledgeable and fun. The founder and owner, Regina, makes it a point to remember everyone's name and truly makes it a community-feeling environment. The front desk staff has been very kind and helpful every time I've entered the studio. **Angela M. 12/20/19***

PHOTO OF THE MONTH



Celebrating Val on his birthday after a Core Fit Friday night class!

HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!

STAY CONNECTED

