



YOGA HEALTH CENTER

SAN CARLOS CALIFORNIA

YOGAHEALTHCENTER.COM

[STREAMING CLASS SCHEDULE](#)



OUR GOAL IS TO KEEP YOU SAFE

We are slowly and carefully conducting small test classes with our teachers and staff to determine how best to organize our rooms, clean, sanitize and test other procedures to determine what modifications are needed to keep you safe.

As things change and we have updates we will keep you informed. Please use our App which has been recently updated. Here is an overview summary:

- All class sizes will be significantly reduced.
- Use of face masks, physical distancing and frequent hand washing will be required.
- Hot yoga classes will start with a limit of 12 students max per class which will provide everyone with more than 6 feet of physical distancing.
- The breathing asanas in the Hot 26+ class have all been replaced with well-thought out substitutions. [Click here to learn more.](#)
- Our state-of-the-art environmental control systems supplies thorough ventilation and continuous clean fresh air into our studio. [Click here to learn more.](#)
- Touchless hand sanitizers have been installed throughout the building.
- Frequent sanitization and cleanings have been added throughout the day.
- Intentional focus for deep cleaning will be on all high-traffic and high-touch surfaces, studio floors, and bathrooms.
- Required on line pre-registration sign ins to all classes.
- Safety is everything to us. [Click here to read about what to expect](#) when you come to the studio for your next class.

Re-Opening Survey Results

We had outstanding participation in our June "YHC Re-Opening Survey" with **702 responses** and over 500



responses on the first day, creating a statistically significant representation of our community's views. We intently listened to your voices and we are taking immediate action on implementing the things that are important to you. Please read on and above to discover other fun facts (FF) from select questions of the survey as well as to find out what we are doing to continue to safely serve you. [Read more](#)

World Class Climate Control Systems

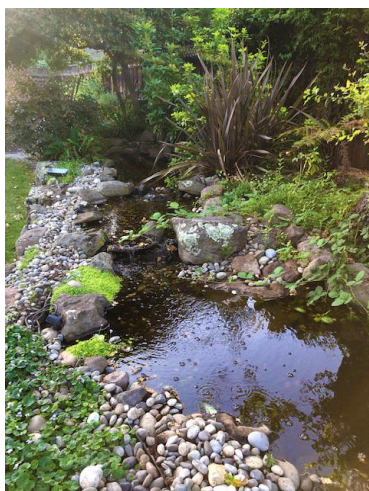
At Yoga Health Center our climate control systems are state of the art which constantly combine the optimum ingredients of heat, clean fresh air, warm humidity and ventilation, CO2 monitoring and **pathogen control**. All of the air coming into our studios passes through ultraviolet lights that **kill 99.98% of all harmful bacteria**. The result is fresh air that doesn't smell and is not full of harmful bacteria.



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**. The benefits of a clean air environment are enormous, clean air will: help prevent colds and influenza; prevent headaches after class; provide relief from asthma, hay fever and sinus problems; reduce fatigue, and breathing problems; and relieve sore throats, runny noses, wheezing and sneezing. 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 remove excess humidity when too high or to add moisture when the air is too dry.

As a result our students are energized and can focus on their yoga practice without worrying about the room environment.



Outdoor Excursions

Practicing yoga, meditation and fitness outdoors adds a new dimension to our good health practices. Connecting with the nature that surrounds us deepens our connection with our natural self. Nothing is more “zen” than practicing yoga fitness outdoors!

Let's say you have already set aside a place in your home to serve as a fitness area, that's great. But spending more time at home may not be what you really need right now. Perhaps it's time to try something different. Get out there and get moving in the sun and shade. Enjoy the cool breeze coming from the west. Feel the yes-ness yet?

We'll be together in person again, starting safely in small numbers. We're finding ways to bring fitness, yoga, and meditation outside during the best months of our beautiful California weather.

Here is what we're working on bringing you:

- Evening and afternoon Hatha Yoga Meditation classes
- Creekside Zen Yoga and Meditation Healing events
- Special open air Val classes and excursions
- Early morning yoga and meditation practices
- The Journey: three 90 minutes sessions on consecutive Sundays, schedule tba, cost \$195
- Student requests for their own small private groups

Our intention is to have these new classes and excursions made available as soon as possible. Until then, we're focusing on "location, location, location" and some logistics too. Stay tuned and we'll see you outside very soon!

Class Updates

New Class Times

- CORE FIT w/ Val. Saturdays & Sundays at 9:05 am (previously 9:30 am)
- CORE FIT w/ Val. Monday, Wednesday & Friday at 6:00 pm (previously 5:00 pm)

Cancelled Classes

- Meditation w/ Brad on Saturdays at 1:00 pm
- CORE FIT w/ Val on Tuesdays at 11:15 am (starts July 7th)
- CORE FIT w/ Val on Thursdays at 11:15 am (starts July 9th)

New Outdoor Classes

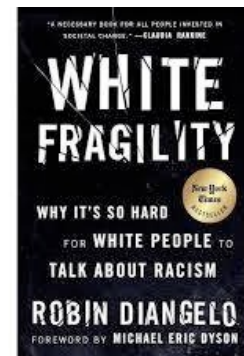
- Hatha Yoga Meditation with Brad, Saturday, (*July 4 only*), limited to 10 students, pre-registration on line, at yhc Creekside Cottage, Redwood City, 5:00-6:00 pm
- Hatha Yoga Meditation with Brad, Thursday, (*July 16th only*), limited to 10 students, pre-registration on line, private home Redwood City, 10:00-11:00 am
- Walk and Talk Around Town with Val. Thursdays, 11:15-12:15 pm. (starts July 9th)

YHC Book Club

Join us for our next Book Club meeting on **July 26 at 6:00 pm**. We are reading "*White Fragility*" by Robin Diangelo. If you need to purchase this book, please consider supporting [The Reading Bug](#). It's a local, independent bookstore in San Carlos that is taking web orders and pick-up orders.

Zoom Meeting ID: 989 3208 0466

Zoom room opens at 5:45 pm; discussion begins at 6:00 pm.



Stress & Compassion with Dr. James Doty

Stress... We all experience stress daily and dance with it in different ways. [In this short YouTube video](#), Dr. James Doty examines how the negative effects of stress can be neutralized by compassion. More specifically, Dr. Doty suggests doing a daily practice that he calls "10 Letters of the Alphabet" to put his mind and heart into a state of ease by engaging the parasympathetic nervous system. Listen and discover how Dr. Doty's 10 attributes, each corresponding with 10 letters of the alphabet (CDEFGHIJKL), can help you neutralize stress. Here are three examples: C = compassion, D = dignity, E = equanimity.

MEDITATION INSTRUCTOR OF THE MONTH

Angela Salgado Lopez



1) When did you begin your meditation journey?

It all started about 4 years ago when I met a group of strangers playing instruments in Dolores Park in San Francisco. One of them was a yoga instructor, and he invited us to a 3-day meditation retreat in Berkeley. Without knowing much, I liked the idea of trying something new. The retreat taught me a lot about myself and how I perceive others. It opened up my mind to a world of acceptance within myself, those around me, and my world. I continued my journey ever since. I then found out about a meditation center in Redwood City with a Spanish-speaking community. I started to attend and got involved with different activities for the community, workshops, and silent retreats. Being in a different country and away from my family, meditation

became my refuge.

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

Meditation gives me the chance to see sadness and happiness as part of the whole; it gives me the chance to pause, close my eyes and be intimately connected with myself, to feel and notice whatever is happening at the moment and see the things as they are without judging or clinging onto them; it gives me clarity of mind and if it doesn't right away; it gives me the opportunity to try again and again; it is always there for me just by being mindful about the present moment—my breathing, my body, my feelings, and emotions.

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

I want to bring space to their minds. Space for everyone to discover, connect, embrace, accept, and let go. I want everyone to have a chance to breathe in slowly, gently, deeply, and realize that when things change inside of them, things change around them.

4) What is your favorite quote about meditation?

"Everything I need is already within me." – Louise Hay

TEACHER OF THE MONTH



Anne Abreu

1) Tell us something about yourself.

After decades in corporate America, I am now a certified yoga and meditation teacher as well as a blogger. My husband Pedro and I live in the San Francisco Bay Area with our two teens and our dog Olive. I am a believer in wellness. But, with so much talk about wellness these days, it is hard to know what that means. For me it means I prefer to eat clean whole foods most of the time. I recently achieved a lifelong goal of becoming an RYT 200 and love to teach! I like to get exercise several times

a week. I intentionally do things that are good for my soul. And sometimes there is nothing like an icy margarita while sitting in an Adirondack chair at the beach. There is room for it all.

2) When did you start doing yoga?

My yoga journey began 25 years ago at a Bikram studio on Chestnut Street in San Francisco. I was working in investment banking and desperately needed an outlet for my stress. I was hooked from the first class!

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

Hot 26 is my absolute favorite. The sequence makes sense to me and it just works for my body. I have occasionally left yoga during my adult life for various reasons, a couple of

which were injury and health related. Whenever I return to the studio, my muscle memory takes over and the sequence helps me heal. As for a favorite pose, Standing Separate Leg Stretching is it. I love giving in to the posture and feeling the length along the entire backside of my body.

4) What do you love about Yoga Health Center?

What I love most about Yoga Health Center has always been the standard of acceptance that Regina sets for all the classes. Early in my experience at the small studio, she helped me find a modification for Standing Bow that worked for a knee injury I had. In doing so, she showed me that each pose has a foundation that can be attained and mastered even if your body is not ready or able to reach the full expression of the pose. I have not seen this at other studios, and the concept transformed my practice.

5) Do you have a fun fact about yourself?

I can spend an entire day out and about with my camera, just wandering around capturing interesting images on the street.

6) What's your favorite quote?

"She stood in the storm and when the wind did not blow her way, she adjusted her sails."
– Elizabeth Edwards

POSE OF THE MONTH



Wind Removing Pose (Pavanamuktasana)

Sometimes life is hard to stomach and our gut reacts with all sorts of unpleasant symptoms. When that occurs, get on your back and do wind removing pose (WRP) to experience some relief. When done properly and consistently (i.e., daily), WRP has the potential to: improve constipation, maintain regular digestion, relieve low back pain, improve flexibility of the hip joints, and tone the muscles of the abdominal wall.

Here's a brief description of how to do WRP: Wear loose clothing. Get on your back and extend your left leg out on the floor away from you. Bend your right leg at the knee and pull it to your right shoulder as you exhale deeply, drawing in your belly (part 1). As you inhale, expand your belly. Then switch legs (part 2). Then do both legs, hugging your knees toward your collarbone while keeping your low back on the floor (part 3). Hold each of the three parts for at least five lo-o-o-ong breaths to maximize your stretch and activate the healing effect. Have a gas (wink, wink) as you do WRP. You'll appreciate the release and relief.

REVIEW OF THE MONTH

I love how everyone is friendly, organized, clean. You can feel the love for yoga. It has good energy. Love the teachers. :)

– P.D. June 23, 2020

QUOTE OF THE MONTH

"To me, if life boils down to one thing, it's movement."

YHC App Updated!

With the YHC App updated you can now pre-register and classes are no longer grayed out. 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.

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 register and check into classes, make purchases and much more!

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

STAY CONNECTED

