



## OCTOBER 2020 NEWSLETTER

### 'Soft' Reopening in Studio 1 - Slowly and Safely



We will begin a **restricted HOT 26+ schedule** until we are fully confident of our COVID check in process to keep you safe. Over time we expect to add more classes assuming no further COVID restrictions.

In Studio 1 we recently constructed 12 super-safe 'Bubble' yoga pods. These pods are like your own studio apartment. Plastic walls divide one student from the next to prevent direct physical contact and to limit the exchange of respiratory air particles and sweat during our modified Hot 26+ class.

Each pod is super sanitary, easy to clean and offers YHC students the realization of Regina and Bob's COVID-inspired goals: 1) to keep our

community together, 2) to bring back hot yoga in a safe way, and 3) to give students that "cleansing, awesome, full body purification experience" they've been missing at home. Because of high interest and until we are able to build our schedule, **pre-booking classes is limited to 7 days in advance.** Waitlists are enabled.

Please enjoy this inspiring and uplifting quote from a YHC member who attended a Hot 26+ in-studio 'Bubble' class last weekend.

*"The Hot 26+ class last Saturday was wonderful! I felt completely confident returning to the studio with all of your safety measures! As the class began, I soon forgot all about the problems and angst of life and surrendered to the yoga. I slept so well that night and awoke feeling terrific! Thanks again for all you do, and for all the hard work you've faced during this health crisis! I look forward to more classes in the weeks ahead." - Liam*





## Your Glutes on Fire!

Imagine that perfect class that integrates yoga poses with other exercises that target your hips and glutes. Not only has YHC imagined it, but it has become a reality thanks to Regina, a longtime fitness enthusiast. We know Regina loves yoga, but fitness was her first love. This powerhouse of a woman just loves to move! In her first class there were 16 so very happy to be together YHC members in attendance plus a new student who remarked after class, "That class was awesome. I have a bad back and chronic pain in my shoulder and knee, but somehow I was able to do all of the exercises and modify the yoga poses. Thank you!"

Regina curates her own perfect music playlist that kept the spirits high while the good glute pain was kicking in.

Come join us for this 50-minute **outdoor class at Stulsaft Park** in Redwood City on **Wednesdays from 9:15-10:05 am**.

Helpful hint from YHC member Nancy: bring a camping blanket to put beneath your yoga mat since the grass in our practice area is typically wet. That will keep your yoga mat dry.

See you there!



---

## CLASS CHANGES & UPDATES

### New Classes

- **Core Fit 50 minutes** OUTDOOR with Val, Sundays on Cherry Street, 9:05 am
- **Vinyasa 75 minutes** OUTDOOR with Kristi, Sundays on Cherry Street, 4:15 pm
- **Hips + Yoga 50 minutes** OUTDOOR with Regina, Wed at Stulsaft Park, 9:15 am
- **HOT 26+ 60 minutes** IN-STUDIO with Regina - Sat 7:00 & 9:00 am, Sun 9:00 am, Tues & Fri 7:00 am.
- **HOT 26+ 60 minutes**, IN-STUDIO STARTING Monday, October 5th, HOT 26+, 4:00 - 5:00 pm, 6:00-7:00 pm

### Stulsaft Park Special Outdoor Class

**Hatha Yoga + Meditation 60 minutes OUTDOOR with Brad**

**Friday, October 2, 12:15–1:15 pm** (immediately following Core Fit at Stulsaft Park)

It's time to counter the COVID crazy with some peace. In this class we will move through asana sequences in a mindfully meditative manner for 30 minutes and then practice various meditation types for 30 minutes. We will end with a five-minute savasana. It's a pure bliss outdoor practice. For this **special one-time class** we are inviting you to bring a friend for free! Please email us their name, email and phone number so they can be properly registered. Let's all heal together and bring peace to the world.

---



### IMPORTANT INFO FOR OUTDOOR CLASSES

- We now have seven (7) outdoor classes each week.
- Our long-term plan at YHC is to keep offering outdoor classes.
- We will only conduct outdoor classes if the air quality is safe.
- No show/late cancellation charges will be applied to outdoor classes.
- Please sign your COVID waiver via email prior to attending an outdoor class.

#### ***How will you know if a class has been canceled due to poor air quality?***

AIR QUALITY is something to consider before leaving the house to join your outdoor class. For the foreseeable future, the YHC will consider air quality ratings to ensure a healthy and safe outdoor workout. In keeping our students, teachers and staff all safe, we will hold outdoor classes only when the air quality is 125 or less for yoga. For Core Fit classes the air quality must be 100 or less. There's a [live air quality indicator](#) on the YHC website homepage. **Please check it before class.** Note that the class will also be canceled in MindBody 30-45 minutes before the class start time if the air quality is poor.

#### **No Show/Late Cancellation Charge for Outdoor Classes**

We value your attendance in our classes. And it has come to our attention that many YHC members are not actually showing up to classes for which they have registered. In the future, please attend the class for which you are registering since a no show has a negative impact on others and for our business. Beginning September 1, for those of you who sign up for an outdoor class and do not show up, or cancel less than 3 hours prior before start time there will be a **no show or late cancellation service fee**. We need to take this action to ensure we have full (reduced capacity) in our outdoor classes. **1st time: warning/reminder. 2nd time: \$10 per class. 3rd time and ongoing: \$25 per class.**

#### **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 new outdoor classes and waitlisting, it's more important than ever to turn on your email and text subscriptions in MindBody. 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.

### IMPORTANT INFO FOR OUTDOOR CLASSES

- We now have seven (7) outdoor classes each week.
- Our long-term plan at YHC is to keep offering outdoor classes.

- We will only conduct outdoor classes if the air quality is safe.
- No show/late cancellation charges will be applied to outdoor classes.
- Please sign your COVID waiver via email prior to attending an outdoor class.

### ***How will you know if a class has been canceled due to poor air quality?***

AIR QUALITY is something to consider before leaving the house to join your outdoor class. For the foreseeable future, the YHC will consider air quality ratings to ensure a healthy and safe outdoor workout. In keeping our students, teachers and staff all safe, we will hold outdoor classes only when the air quality is 125 or less for yoga. For Core Fit classes the air quality must be 100 or less. There's a live air quality indicator on the YHC website homepage. **Please check it before class.** Note that the class will also be canceled in MindBody 30-45 minutes before the class start time if the air quality is poor.

### **No Show/Late Cancellation Charge for Outdoor Classes**

We value your attendance in our classes. And it has come to our attention that many YHC members are not actually showing up to classes for which they have registered. In the future, please attend the class for which you are registering since a no show has a negative impact on others and for our business. Beginning September 1, for those of you who sign up for an outdoor class and do not show up, or cancel less than 3 hours prior before start time there will be a **service fee**. We have to take this action to ensure we have full (reduced capacity) in our outdoor classes. 1st time: warning/reminder. 2nd time: \$10 per class. 3rd time and ongoing: \$25 per class.

### **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 new outdoor classes and waitlisting, it's more important than ever to turn on your email and text subscriptions in MindBody. 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.

## **ANNOUNCEMENTS**



### **Cherry Street 'Sundaes'!**

Come join our outdoor classes on Cherry Street! Find yourself a place physically distant from your neighbor and enjoy. You and your mat are most welcome, as cars will not be allowed in this area. Check the schedule for class offerings. 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.



## Video On Demand (VOD)

The choice is yours! With 17 new VOD classes recently added, there's no shortage of ways to get your "ommm" on from the comfort of your own home. You can access yoga and fitness classes taught by your favorite YHC teachers whenever you want. The new expanded VOD classes offer something for everyone! Since we're sitting more than ever with working from home, YHC VOD classes offer us much needed movement. Find the perfect class to take during your lunch break, or before the kids get up in the morning. Roll out your mat and choose your style of class, teacher and the amount of time you have to practice. For example,

check out the VOD section with 19 Core Fit classes led by Val (Core Fit 50 mins and Core Cardio 30 mins and Core Defense 30 mins). You can find all of the [Videos On Demand at this link](#) or directly from our [website here](#).

## Is Your Membership in Freeze Status?

Come on back! Check out our new class options to get back into your fitness routine. Or to keep your routine fresh and varied. We offer many types of classes including **NOW** HOT26+ IN STUDIO, outdoors, online streaming and Video On Demand.

## YOGA GEAR SALE

### Merchandise Up to 50% off!

At Yoga Health Center we want you to look and feel your best. Everything is discounted at 20-50% off on our beautiful collection of yoga and fitness clothing and accessories.

The YHC boutique has your Yoga Gear! On Saturdays and Sundays, come in and shop. It's set up for the weekend shopper to browse while practicing safety and physical distancing. Dressing rooms are open to try things on before purchasing. **Schedule your appointment, for either weekend day, by contacting us at [memberships@yogahealthcenter.com](mailto:memberships@yogahealthcenter.com)**

Come in with a friend or on your own. Whichever you prefer!

Sale items include men's shorts, mats, mat and face towels, leggings, fitness bras, tank tops, t-shirts, sweatshirts, yoga socks, blocks, straps, fitness bags, and water

bottles.

Purchases over \$200 will receive a 32-ounce Chai. Purchases of \$500 or more will get an additional 5% off.



## OCTOBER "MOVE" QUOTE:

*"Movement is tranquility" - Sterling Moss*

### Previous Monthly Movement Quotes

#### 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

#### 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.

#### May

The only way to make sense out of change is to plunge into it, move with it, and join the dance. – Alan Watts

#### June

Change happens through movement and movement heals. – Joseph Pilates

#### July

To me, if life boils down to one thing, it's movement. To live is to keep moving. – Jerry Seinfeld

#### August

In the midst of movement and chaos, keep stillness inside of you. – Deepak Chopra

#### September

The body benefits from movement and the mind benefits from stillness. – Sakyong Mipham

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** which constantly combine the optimum ingredients of heat, continuous clean fresh air, warm humidity and continuous 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**. 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. Be sure to ENABLE NOTIFICATIONS. And you can purchase classes directly from the 'Buy' button at the

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 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 Perville 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

