



LET THE
CHALLENGE
BEGIN!

30-Day Challenge Starts Friday, February 1st

Rewards, draws and prizes!

Our annual winter 30-day challenge will take place **February 1 to March 2.**

Get ready and get set for the new year! Sign up at the studio, no charge.

143 yogis signed up to date. Join the fun!

Policy Note - you may not leave a class early to go into another class in progress.
Neither class will count.



Sunday Specials

INFERNO HOT PILATES

Sunday, February 10th, 1:00 - 2:00 pm. Teacher Yelena

Hot Pilates is a training system which combines Pilates principles with high intensity interval training and is performed in a room heated to 95 degrees Fahrenheit and 40% humidity. Hot Pilates creates long lean muscle mass, burns fat, and increases fit-

ness levels. It creates a stronger core, improves circulation, and increases flexibility. It is performed on a yoga mat making it zero impact, protecting your joints and muscles from the pounding of other exercises like running and jumping.

INTRODUCTION TO YOGA

Sunday, February 17, 1:00 - 2:15 pm. Teachers Brad/Regina

Bikram sequence. *Room will be warm, NOT hot.* Class is for **beginners and new students.** Corrections offered and some questions and answers during class. Not all postures will be reviewed, however, we will get to many.

INFERNO HOT PILATES

Sunday, March 3rd, 1:00 - 2:00 pm. Teacher Lawrence

New Classes Starting in February

- **MEDITATION.** Sunday, February 10, 11:00 - 11:50 am. **Teacher Brad**
- **FLOW YOGA (Vinyasa) Heated.**

Monday, February 11, 12:15 -1:15 pm
Teacher Kat



SAQ Class with Susan

S=Speed A=Agility Q=Quickness. Athletes need more than general conditioning to be optimal in their sport. This class will train SAQ for all sports in a fun and motivating setting. Check out our special SAQ class held last Sunday, January 27. [Click here for video](#)

Never Pay Full Price!

Did you know Yoga Health Center offers highly competitive pricing on all our designer label boutique offerings? Not only that, you have an opportunity to save even more!

- New students (within their first 30 days) receive 15% off on all merchandise sales over \$100. Great opportunity to purchase a new mat, towel, or outfit for your asana practice!
- Gold, Young Adults and Annual Members receive a **10% discount on all retail purchases**, no minimum purchase. Does not include food and beverage.

We receive new shipments monthly, so leave a little time before your class to treat yourself to new gear made for Yogis, by Yogis!

Local Merchant Discounts!

Yoga Health Center students get 10% off on all purchases at Graffeo and Cusinett. Just show your YHC scan card. Does not apply to sale items. More merchants to come.

Graffeo. 661 Laurel St, San Carlos, CA 94070

Cusinett. 1105 San Carlos Ave, San Carlos, CA 94070. [website](#)



Spotlight on Studio Favorite: BEYOND YOGA

Beyond Yoga has butter-soft spacedye options that feel incredible and move with the body (if you try, you'll definitely buy- fair warning!) and wicking materials for your Bikram practice. Keep an eye on the retail wall for new releases in springy shades of green!

We look forward to helping you find something just right for you and your practice soon. Consider moving to a Gold or Annual Membership to enjoy an automatic discount -- if you practice 2-3x a week, this is definitely a smart and economic move!

**Food and beverage sales are excluded from this offer.*

New Rental Service

Members now have the option to receive **unlimited towel and mat rentals for \$40 per month**, for personal use only. This includes:

- two bath towels
- one skidless mat towel
- one face towel
- one mat per class.
- may take more than one class per day
- may cancel at any time with 15 days written notice
- service will be billed automatically to your credit card

We have had a number of requests for this so we will give it try for 90 days. If popular we will also add special yoga mats just for this service.

Congratulations

Congratulations to Christine Kalife who just completed her 200-hour Yoga Alliance teaching certification!



Teacher of the Month: Ali

Tell us something about yourself?

I am just a fellow mover and shaker. Anything that encourages dance and flow...sign me up! I love sailing so I became a boat captain...now I'm able to bring my yoga community with me on these adventures! I'm a bi-coastal yogini that is completely obsessed with boats. I lost my last one in Miami to Hurricane Irma but am fortunate to have my "project" boat here in Brisbane. I spend a lot of time fixing her up as my goal is to bring her back to her original glory. Her name is Thunder!



When did you start doing yoga?

When I was 14 a friend gave me a VHS of Bryan Kest's Power Yoga. Full disclosure: I tried the video because Kest was easy to look at and I loved his long locks! What started as a casual daily way to get my exercise soon evolved into a spiritual sadhana that became a lifestyle. I found local gurus to study under and eventually made my way into the world of Prana Flow, studying under Shiva Rea. She changed my practice because she changed my perception of yoga. For me, yoga is not static, it's in constant flow and always evolving. As practitioners there is always the next karma to work toward but there is no end to

the journey. That is a beautiful concept. When we embark on the spiritual journey into ourselves through yoga asanas, we uncover layers of ourselves that have not been explored or we reawaken parts of ourselves that have been dormant.

Do you have a favorite class? Favorite pose?

My favorite class is anything that gives me freedom to flow and move. I love ecstatic dance and Prana Flow. My favorite posture is Vashistasana - it feels like a surrendering of ego and an embodiment of inner essence.

What do you love about Yoga Health Center?

I love YHC because the community accepted me with open arms. I feel supported by the energy of students and teachers and moved by the collective rhythm that ignites when we flow and breath together. I know we love routine and Prana Flow is just not that. It shakes things up and sometimes that is exactly what we need in life. I am grateful and inspired by the willingness of the YHC community to surrender to the dance!

Do you have a fun fact about yourself?

I was vegan for 17 years but could not resist the urge to eat turkey skin every Thanksgiving.

My Favorite Quotes

Flow can only be as great as our willingness to enter into it- Shiva Rea



Student of the Month: Daisy

When did you start doing yoga?

I signed on with Yoga Health Center in March 2018 when a friend said yoga had helped her to lower her above normal blood pressure. High blood pressure is in my family so I thought I would give yoga a try. Since joining Yoga Health Center, I have been coming regularly taking about 8 classes a week with a couple of months off for vacation. Indeed, my blood pressure has been maintained in the normal range. A bonus is the ability to sleep better through the night with more energy the next day. This may sound crazy, but I no longer lose hand full of hair when I shower. Maybe it has something to do with more blood going to my head from "down dog " and other head down poses".

Do you have a favorite class? Favorite pose?

I take Ivengar, Yoga Wall cardio, core fusion and recently non-heated Flow yoga classes during week day mornings. I don't have a favorite pose as I find them all challenging. I do look forward to Savasana.

What do you love about Yoga Health Center?

Yoga Health Center has been a wonderful place to begin each day. I look forward to seeing the many friends I have made and talk about where our next dining experience will be after yoga classes. The teachers are incredibly friendly and supportive. The staff is

always welcoming, warm and friendly. There are so many classes to choose from that I wish I had the energy to do more. The center is clean with a warm atmosphere. Having no previous yoga experience, I am amazed at what the teachers have been able to train my body into places it has never been! I feel stronger with increased flexibility.

Favorite Quote

"Think only of the past as its remembrance gives you pleasure" from Jane Austen in *Pride and Prejudice*. I try to remember this quote whenever I think of regrets.

Meet the Owners: Regina and Bob French

Regina Is Business with a Big Heart; Bob Is Business with a Big Mind

Yoga Health Center is abuzz! Although the caffeinated power of Peet's Coffee downstairs from YHC can give you a buzz for an hour, doing a class at Regina and Bob's studio can give you a buzz for a whole day, maybe even for a few days when your muscles remind you about that fitness class where you were feeling the burn, or your heart is happy from having had fun practicing with your yoga crew. Yes. It's all there at YHC. There's the exciting buzz of fitness (fit body), the peaceful buzz of harmony (calm mind), and the fulfilling buzz of connecting with the community (inspired life).



[Read more on our blog](#)



YHC Prop Room

Been to our new Prop Room yet? Yoga props can assist students in mastering postures demanding flexibility and balance as well as aiding students in deepening twists and building strength. Not only do yoga props help you find more space, freedom and stability in your poses, they are also great teaching tools with endless uses if you get creative. PLEASE HELP US KEEP PROP ROOM NEAT & TIDY!

Perkville Special

Our special for this month will be our new **Women's Tees** for 1000 points, **Women's Hoodies** for 1500 points. You must download your voucher on your phone or print it out in order to redeem. Go to www.Perkville.com and use your email address to log in.





Gold Member, Young Adult, Annual Members Benefits

Freeze Policy

You may freeze your account for **\$19 a month indefinitely** until you return. Also, no more 15-day notice to initially freeze your account.

However, the freeze must start on your billing date and can only occur after your 3-month initial contract. This will allow you to return at your previous legacy membership rate.

Cancellation Policy

If you wish to cancel your membership, you must do so **by email only** to membership@yogahealthcenter.com with 15-day advance notice. You will receive an auto response acknowledging your request. Verbal, hand written notes or voice mail are not accepted.

Guest Policy

Members may invite an **unlimited number of new guests** for a **\$10 drop-in rate**. The guest can also apply the \$10 to the new student Introductory Offer. You can also use your Perkvile points which can be applied to new or returning guests.

Retail Discount **NEW!**

Gold Members, Young Adults Members and Annual Members now receive 10% off retail purchases. (Does not apply to food & beverage)

Environmental-Friendly Mats

Choose from our wide assortment of our latest environmental-friendly mats with the latest colors and types. Be sure to choose the right mat for you. If a yoga mat is **too thin**, certain poses may be hard on your knees and joints. If a mat is **too thick**, it will be difficult to maintain your balance and hold a pose. Beyond a color and pattern that suits your style, your yoga mat needs to keep you stable in your poses; it needs to be storable and portable, yet comfy and cushy. Read more about each type of mat and choose the one that is right for you. We recommend all the Manduka mats best for hot yoga. Typically we match Amazon prices, plus we have them in stock, - no waiting!



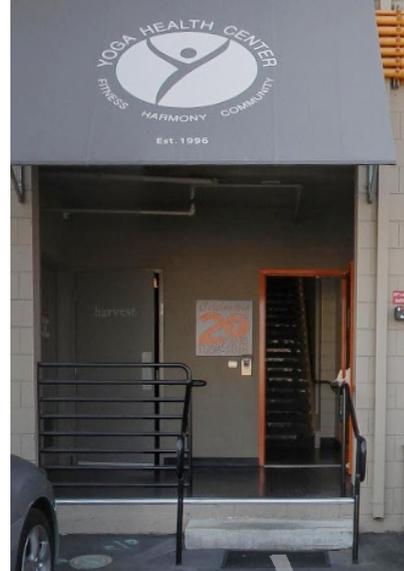
- **Standard Starter Mat 68"** - 3mm - \$22.95
- **Thick Starter Mat 68"** - 5mm - \$27.95
- **Manduka PRO Yoga and Pilates Mat.** 7.5 lbs; 71" x 26"; 6 mm thick. High-density cushion, joint protection, unmatched support. life time guaranty. \$88
- **Manduka PROlite Yoga and Pilates Mat.** 4 lbs; 71" x 24"; 4.7 mm thick. A yoga mat that brings unmatched cushioning and comfort to your practice. \$75.39
- **Manduka eKo Lite Yoga and Pilates Mat.** 4.0 lbs; 68" x 24"; 3 mm thick. Tri Layer Technology for optimal combination of grip, durability and slip-resistance. \$59.99
- **Manduka eQua Hot Yoga Mat.** 5lbs; 4mm thick, 24" wide x 68" long. Limited-Edition Artist Capsule Collection. Cold wash. \$77.99
- **Jade Harmony Mats.** 4.5 lbs; 5 mm thick. Comfortable - natural rubber has more resilience and cushion. Not recommended for hot yoga. \$73.00

YHC App Makes it Easy!

Download our custom Yoga Health Center App from the Apple Store to:

- View your class attendance
- See class schedules

- Receive early announcements, class changes, schedule changes, etc
- Easiest way to track & redeem Perkiwille reward points
- Bar code scan to check into classes
- View studio location and info
- Click to our social pages
- Add fav class to your calendar



Take a Google maps customized tour of our studios. [Click here to begin tour.](#)

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 - or more chai :)? Email us at membership@yogahealthcenter.com

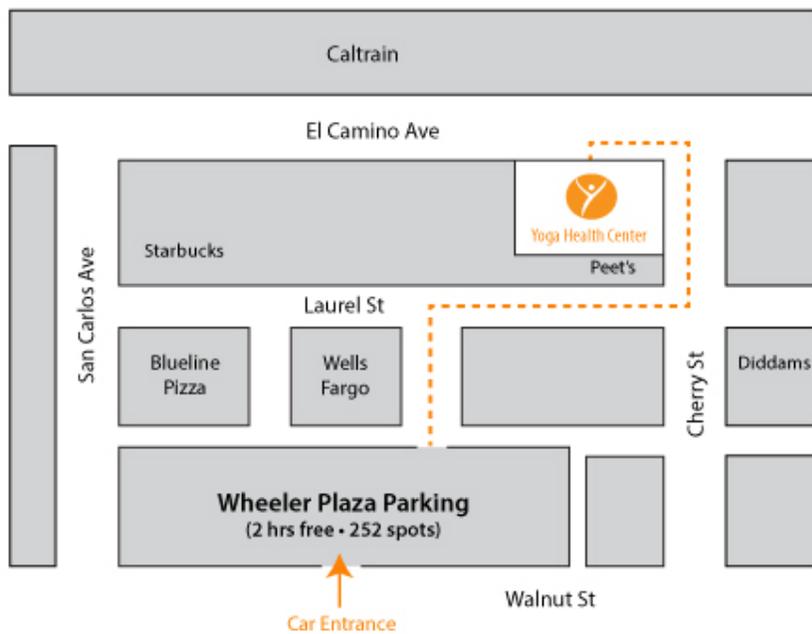


Yelp Review of the Month

I first started going to Yoga Health Center because of chronic back and neck pain and stiffness. The front desk staff is extremely friendly and gave me a detailed explanation of the wide array of courses offered at their facility. My favorite classes are Core Fit, Bikram, and Yin Yoga. They have different levels of yoga classes, so even for beginners like me, the hot Bikram yoga classes were not that daunting. Thank you YHC for helping me become a healthier version of myself! -- Xi Jie L. 01/21/19

Parking Tips

No charge public parking directly behind our studio is easiest for all morning classes. For the 12:15 or 12:30 classes go for the switch when people are leaving the 11:00 and 11:15 classes! There are always spots available if you allow an extra 10 minutes at our busiest times. The **new Wheeler Plaza is now available and at no charge.** Just one block from Laurel St and two minutes to our studio! **REMINDER - PARKING IS ALWAYS AVAILABLE AT WHEELER AND NO 2 HOUR RESTRICTION AFTER 6 PM. PRO TIP - arrive after 4 pm and no restriction as well. See map below.**



Happiness and Hugs...
is what happens when your co-worker finds your phone!

HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!

STAY CONNECTED

