



*Photo taken in front of our Cherry Street entrance*

**Congratulations**  
**Our Yoga Fitness 30-Day Challenge Winners!**  
**Chelsie Schadt - 75 classes**  
**Debbie Figaro - 67 classes**  
**Shritapa Datta - 56 classes**

**Free 75-minute Private Group Winners**  
**Donna Okino, Tara KIELTY and Mary Dias**

## CLASSES



### **Inferno Hot Pilates**

In this special March 3rd class, members got an energizing and strengthening workout with teacher **Lawrence Touitou**.

## COMMUNITY CLASSES - Complimentary

### **FLOW YOGA - Heated Vinyasa**

*Two Fridays, April 12 & 19, 7:00-8:00 am. Teacher **Candice-Lee James***

This heated Vinyasa class will be led by the highly energetic Candice-Lee James (see her bio above). *"I am like a big ball of energy and I bring it with me wherever I go. Each time I step onto my yoga mat I bring that fun high energy and light with me, that's*

not afraid to fail. Through yoga I find stillness in my movement".



### **INTRO TO THE YOGA WALL**

*Two Sundays, April 14 and 21, 1:00-2:00 pm. Teacher **Jackie Pollard***

Come join us in exploring your movement using the Yoga Wall with Teacher Jackie. Jackie has been practicing yoga since 2010 and completed her 200-hour teacher training in 2016 on the Coastside. She has taught almost 400 classes since receiving her certification and has assisted with several trainings to continue growing and sharing her passion for teaching with new instructors. Most recently, she completed her yoga wall fundamentals training under Jason Cull.



### **FLOW YOGA - Vinyasa Heated**

*Two classes. Wednesday, April 17, 7:00-8:00 am and Sunday, April 28, 1:00-2:00 pm. Teacher **Jocelyn Block**.*

Jocelyn discovered yoga after knee surgery in 2003. After practicing Bikram and Vinyasa for the past twenty-plus years, she was certified in 2018 as a Vinyasa Instructor. She loves practicing breath with movement, stabilizing the body, and building non-competitive, health-oriented communities—but most of all she is an addict for that indescribable feeling that consistently yoga brings her, both on and off the mat. When she's not at yoga, you can find Jocelyn out running, hiking, or simply trying to keep up with her two growing boys, who together with their father she loves even more than yoga.

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### **New Classes On Schedule**

- **MEDITATION.** Sundays, 11:00 - 11:50 am. Teacher Brad
- **FLOW YOGA (Vinyasa) Heated.** Mondays, 12:15 -1:15 pm. Teacher Kat

### **Class Change**

The 7:55 am Flow Yoga class will be replaced by a **non-heated Core Pilates** class, 8:15-9:15 am with Teacher **Brad.** **Effective April 20.**

## **STUDENT OF THE MONTH**

### **Elaine Santore**

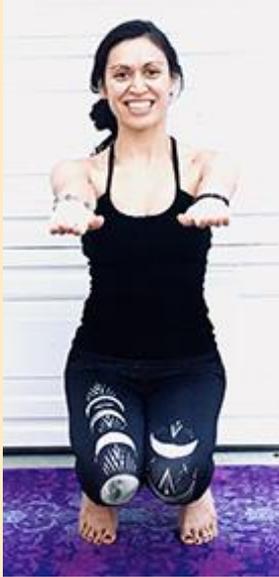
I was a yoga student here at YHC before I started working here. I loved the vibe so much at YHC that I wanted more. I have worked at other yoga studios...let's say that this one is the best one (for me).

#### **When did you start doing yoga?**

When I was in junior high (mid-late 90s), I rented a yoga video from the library. It was called "AM/PM Yoga for Beginners" by Patricia Walden.

#### **Do you have a favorite class? Favorite pose?**

The hot fusion yoga class is my favorite. I like that it's a combo of Bikram and Vinyasa, and I like the music and the teachers Kat



and Chuck. Eagle is my “signature pose” because I like to fly.

### What do you love about Yoga Health Center?

I like the community, the people, and the lively vibe. The people here are happy and there is a warm atmosphere.

### Do you have a fun fact about yourself?

I used to work in SF politics as a blogger and campaign communication consultant in social media (2007-2013). I was something of a pioneer since social media was just getting started at that time.

### Favorite Quote

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and

again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

*(Theodore Roosevelt, from his speech "Citizenship in a Republic" delivered at the Sorbonne, in Paris, France on April, 23, 1910)*



## TEACHER OF THE MONTH

### Regina Bannon French

#### Tell us something about yourself.

In my early twenties I was sick and tired of being shy, so I took an acting class at ACT (American Conservatory Theater) in San Francisco and I did some improvisational exercises with my class in the theater district in SF. Changed my life.

#### When did you start doing yoga?

I went to a cross-country skiing and yoga retreat in Lake Tahoe when I was 26. David Swenson was the yoga teacher who was leading the retreat. His brother Doug was the more famous one, but Doug was not there. David even cooked all the meals for us. The

reason I went to that retreat was that my sister Kathleen and a mutual friend Judy saw a great deal...only \$60 for yoga, cross-country skiing and meals, all inclusive for the whole weekend. There were eight or nine people at the retreat, located in a townhouse. The weekend inspired me to do more than what I was already doing. I was running a lot (at least five miles a day) and stretching some. I was also inspired by seeing a woman fold over completely while she was sitting in a chair and tying her shoes. After I saw that, I asked the woman, “How is that so easy for you; to fold yourself in half while tying your shoes?” She replied to Regina that she was a yoga teacher and had been practicing yoga for many years. I knew that it would take me some time to fold in half like her, but a light bulb went off that day for me.

#### Do you have a favorite class? Favorite pose?

Right now, I have many favorite classes. I like Ali's Vinyasa class because it's always changing. I like the vibe and fitness of Val's class. I love the expertise and no stone unturned aspect of Robin's class - where the butt is never neglected. I also love everything about Maria's class. Her level of fitness is extraordinary, and her wealth of knowledge is beyond beautiful.

My favorite pose is forward fold; it's the best. Forward fold stretches the entire backside of the body, from head to heels. Forward fold soothes the nervous system and encourages introspection, it also tones and stimulates the internal organs, increasing circulation to all the pelvic organs. Another favorite pose of mine is any headstand or inversion. Hanging upside down in Maria's class from a rope is so great. It's effortless traction. I feel like myself when I am upside down. I've been upside down my whole life. Plus, warrior 2 feels like a heart opening stance to me. I feel strength in the pose. I feel awesome in that pose.

### What do you love about Yoga Health Center?

The people, the community, the excitement of so many people meeting and greeting and staying fit.

### Do you have a fun fact about yourself?

At home we have a Multipoo named Prancer for the past five years. I was never a dog person, and now I am buying him raincoats and sweaters!

### My Favorite Quotes

"Yes, you can."

"Being is the same everywhere."

"To know and not yet to do is not yet to know."

## Community Corner

By Brad Nitschneider, YHC Community Writer



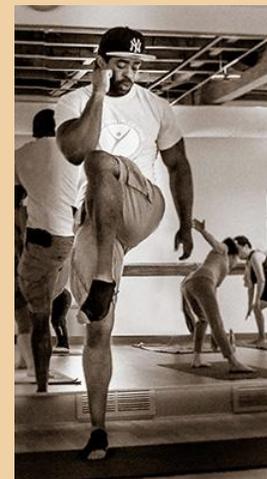
### Candice-Lee Got It Goin' On!

That's right ya'll, Candice-Lee is all about the YHC trinity: mind, body, and spirit. She is the ultimate female fitness force. How did this happen? One factor was participating in the YHC 30-Day Challenge (30DC). Candice-Lee thrives when she gives herself a goal to achieve. She says, "... it's always hard getting to the mat, but it feels good when you get there... and afterward it feels AMAZING!" The 30DC helped her to "push herself to do more than two classes per week."

[Read more](#)

### YHC's Mega-Maestro of Movement

What better word is there to describe YHC than "move"? YHC is all about movement; moving forward, moving closer to goals, moving ahead, and even moving body, mind, and spirit as one (see Candice-Lee's story). To find out more about movement, I interviewed a man who has dedicated his life to teaching and learning about movement. He trains elite athletes and plain old folks like us. He has a lifelong passion for the martial arts and training the human body to be free, beautiful, and uninhibited. One of his favorite quotes from the martial arts community is: "Technique is a trap; style is a prison." Have you guessed the name of this mega-maestro of movement? **He's Val!** [Read more](#)



### Meditation from the Mat

A couple weeks ago I was in one of Kristi's Vinyasa classes and she said something that remains with me, like a tattoo. It inked itself into my mind and I have been contemplating it and talking about it with others. Kristi commented, "Depth comes from alignment." Hmm...



Seems obvious. But not. From the perspective of going deeper into a yoga asana, it has been my experience that when my muscles, joints, and bones are "in alignment" (meaning functioning collaboratively), I can hold a pose much longer and breathe more deeply. I feel more relaxed when my body parts are working as a team. Duh, right? Regardless of your age, I invite you all to contemplate the Kristi. Well, I mean think about what Kristi said about

depth and alignment and see if it resonates with you in some way. If it does, I suggest that you write about it and/or have a conversation with someone about it. Get aligned. Go deep. The only thing you have to lose is a false identity. And, quite frankly darling, it was never a good look on you.

## POSTURE OF THE MONTH

### Mountain Pose (Tadasana)



Have you ever contemplated the strength and stillness of a mountain? Well, one of the purposes of a yoga asana is to EMBODY the name of the pose, feeling the aspects of the name of the pose. For example, in mountain pose, the aim is to be like a mountain, feel like a mountain; becoming strong and still. Many of the yoga asanas have rich myths, stories, and symbolism behind them. Alanna Kaivalya, author of Myths of the Asanas writes that tadasana "promotes the stillness, strength, relaxed power, and stability we associate with mountains." So next time you are in mountain pose, why not think about becoming a mountain? That may be quite helpful to you, especially if you are having one of those days in which you are NOT feeling still or strong or grounded. Call upon your "mountain self" and shift your thinking and focus...become a mountain.

## Perkville Special

Our special for this month will be our new Women's Tees for 1000 points, Women's Hoodies for 1500 points. Download the voucher on your phone or print it out to redeem.

[www.Perkville.com](http://www.Perkville.com)



## Retail Discounts for Members

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!

*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.*

## NEW Manduka Mats & Accessories Are In!

Yoga Health Center is proud to offer Manduka accessories that enhance your time on your mat. All Manduka mats are guaranteed for LIFE - it's the last mat the Yogi will ever have to buy! We have several new styles of mats in this month:

- **Manduka Pro** is for taller, bigger boned, wider bodies. It is a very heavy mat - this is a great suggestion for anyone over 6 feet tall. Can be used with or without a towel
- Manduka ProLite is our most popular mat. It's traditional size, a lighter weight than the original Pro mat. Can be used with or without a towel on top.
- **Manduka Artist** series: this mat is covered in a towel-like material that absorbs moisture. Hang dry.
- **Manduka GRP** is designed specifically for heated yoga. It has a grippy surface and a charcoal-infused core to combat odor and bacteria.



**Jade** mats are super grippy! Perfect for anyone that really prefers a towel-less practice or slips in down dog. Very spongy and supportive of joints.

### Member Benefits

**Freeze Policy.** You may freeze your Gold membership 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](mailto: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 Perkville points which can be applied to new or returning guests.



### Meet the Owners

Regina is business with a Big Heart; Bob is business with a Big Mind. 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! [Read more on our blog](#)

### 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](mailto:membership@yogahealthcenter.com)



### YHC App Makes it Easy!

Download our custom Yoga Health Center App from the Apple Store to view your class attendance, see class schedules, changes, etc. Also track and redeem Perkville points, check into class, and much more!



Take a Google maps customized tour of our studios.



### Yelp Review of the Month

*I've met so many incredible people here. It's a place where people go to get physically fit as well as build lasting relationships with like-minded positive people. Everyone has some sort of goal in mind when they step foot into the studio. There is no judgment passed, but rather the kindest, most supportive people there to help you achieve your goal. You'll find a wide variety of classes here, so you won't get bored. I wasn't able to commit to a workout regimen prior to Yoga Health Center and now I'm absolutely addicted. -- May L. 3/12/19*



### 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.

**Parking is always available at Wheeler Plaza and there is no two-hour restriction after 6:00 pm.** (Pro Tip: If you arrive after 4:00 pm, there is no restriction as well). [Click here for map](#)

*\*\*\* Please allow an extra **15 minutes** to park, check into class and situate yourself in the room.*



### Bolsters Do Yoga Too!

*Hi Friends! This is how the bottom shelf for bolsters should look in the prop room. As you can see, it looks different than the other two shelves. The top two shelves are doing Savasana and the bottom shelf is doing Tadasana.*

**-- Regina**

**HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!**

**STAY CONNECTED**

