



YOGA HEALTH CENTER
SAN CARLOS CALIFORNIA

[CLASS SCHEDULE](#)

[WEBSITE](#)



Yoga Health Center wishes all mothers and daughters a very Happy Mother's Day!

We would like to celebrate you by inviting you on **Sunday, May 12**, for complimentary chair massages from Elena and Rachael, freshly brewed Peet's Coffee, and sweets for all!



Mamaste Sale week May 6 - 12

Searching for that perfect Mother's Day gift? Look no further than YHC's boutique! We have the latest yoga apparel brands, mats, towels, gift certificates, accessories and more! Your one-stop gift shopping starts here!

MUG CLASS 20% SPECIALS

- **Mug of Calm** - 6 classes for 5-pack price (\$100)
- **Grande Gratitude** - 12 classes for 10-pack price (\$175)
- **Double Shot of Serenity** - 24 classes for 20-pack price (\$300)

GIFT CARD 10% BONUS*

- \$110 gift card for \$100
- \$165 gift card for \$150
- \$220 for \$200
- *Cannot be combined with above/other promotions

GOLD MEMBERSHIP

If you sign up for our Gold Membership between May 6 - 12, 2019, your **enrollment fee is waived.**

Mamaste Sale and offers are effective May 6-12.



CLASSES



New Class On Schedule

- **Pilates Plus.** Tuesdays, 6:10-7:10 pm, Non-Heated, Teacher **Brad**

Class Change

The 7:55 am Flow Yoga class has been replaced by a **non-heated Pilates Plus** class, 8:15-9:15 am with Teacher **Brad**.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

Upside Down Yoga

Did you know there are some amazing benefits of upside down poses in yoga? Did you know it will boost your circulation and acts as a stress release?

[Click here to read more.](#)



STUDENT OF THE MONTH

Sue Manian

I am a transplanted New Yorker who never thought I'd love the west coast as much as I do. For years, distance running was my favorite form of exercise, but eventually all the impact took a toll on my joints. Luckily, that's when I discovered yoga and found Regina & Bob's wonderful studio. Hot yoga was the only non-impact activity that gave me the same endorphin high that I experienced when running.

When did you start doing yoga?

I am coming up on my 5-year yoga anniversary and just completed my 1,000 hot yoga class. My practice has brought me sooooo many more benefits than I had hoped for. I feel healthy, calm, centered, strong, and flexible.

Do you have a favorite class? Favorite pose?

I honestly haven't had a teacher I didn't love and learn something new from. I am a morning person and I love my 6am weekday classes. I love the current rotation of Yelena, Olga, Ciara & Regina. I would take any class Kristi teaches because I always feel so blissful afterwards. I am already a devotee of Brad's new meditation class, and I credit Val's core classes for my rapid recovery from recent knee and hip replacement surgeries. Standing head-to-knee is the pose where I feel the greatest mind-body connection. I can always find something new to focus on in this pose because it involves so many muscle groups, breath, and balance.

What do you love about Yoga Health Center?

What's special about YHC is that it's not only the yoga and core classes that give me strength. The supportive community just blows me away. I love the people - the students and the staff. My dream is to retire so I can try all the class offerings all day long. YHC always makes me smile and feel good about myself and the world around me.

Do you have a fun fact about yourself?

I'm a sucker for a good challenge - whether it's the YHC 30-day yoga challenge or trying to solve the Sunday crossword puzzle. Curiosity and a desire to test my mettle has taken me skydiving and to the summit of Kilimanjaro and to Everest Base Camp. I also attended trapeze school in NY – big fun!

Favorite Quote

Be a lamp, or a lifeboat, or a ladder. - Rumi



TEACHER OF THE MONTH

Robin McDonald

When did you start doing yoga?

I started doing yoga 15 years ago to help with my triathlon training. It has also helped me with recovery and increases my flexibility.

Do you have a favorite class? Favorite pose?

My favorite class is anything heated. The hotter the better! My favorite pose is standing bow pose or triangle. Anything with balance and strength together.

What do you love about Yoga Health Center?

Yoga Health Center is a place where I can go and feel peace. I love how Regina and Bob have created an extension of their love for yoga into their studio. It is a place where everyone can come and feel welcomed. Regina makes me feel so supported and special. The members and staff are also so supportive to each other.

Do you have a fun fact about yourself?

I am the mother of two lovely girls who make each day exciting and challenging.

My Favorite Quotes

Do what you love. Love what you do.

Community Corner

By Brad Nitschneider, YHC Community Writer

Bye-Bye to Free Chai

"Non Revenue Producing - My Ass!"



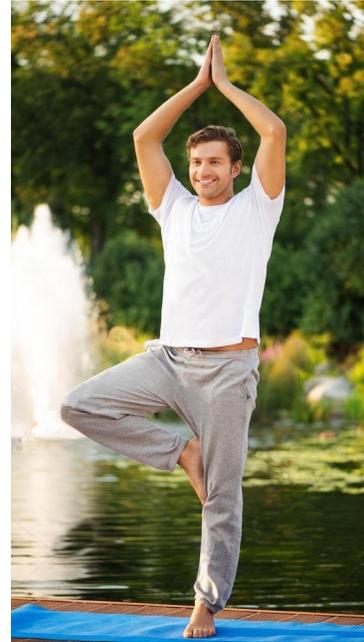
Chai Saturdays...those were the best! Free delicious chai to enjoy while we all warmed up with each other over lively conversations. Must have been all that ginger and cardamom that made our community bonding so spicy and good. "It's all good" was one of the favorite sayings of a former YHC yoga teacher. Well there is another less pleasant saying about the ephemeral nature of life: All good things come to an end. Even chai Saturdays? Really?! [Read more on our blog](#)

POSTURE OF THE MONTH

Tree Pose (Vrksasana)

Aren't trees lovely? And so giving! They provide foliage, structure, stability, beauty, habitat for birds and other critters, light in winter and shade in summer. Each time you stand firm and upright in tree pose, you have an opportunity to be your tallest self, your most beautiful self, your most stable and rooted self, your most balanced self.

Every yoga pose has a "forest" full of benefits (wink, wink). Some of the benefits associated with doing tree pose are the following: improves body balance; gives your body the optimum posture; strengthens your legs, thighs, spine, shoulders, and arms; grants stability of mind and body; strengthens ligaments in your ankles and feet; rehabilitates posture-related conditions; facilitates a rejuvenated state of mind; improves concentration; and even reduces risks of sciatica. Wow, now that's a giving tree!



Before you do your next tree pose, take a few breaths and mindfully contemplate the power of the tree. Embody it fully and freely. Surely the benefits will come to you in one way or another, sooner or later. The more you believe you will receive the benefits, the more likely you will experience them. This phenomenon has been known as the faith factor by some, the law of attraction by others, and the placebo effect as well. By whatever name you call it, it works. Find out for yourself and be a tree.

NEW Perkiwille MOTHERS DAY Special

Our special for the month of May will be our new **WHITE Women's Tees for 500 points this month only. (Were 1000 points!)**. Download the voucher on your phone or print it out to redeem. We are temporarily out of the long sleeve hoodies.

www.Perkiwille.com



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 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.



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



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 Perkvile points, check into class, and much more!



Take a Google maps customized tour of our studios.



Yelp Review of the Month

"Everyone is very welcoming. Classes are varied. I love Bill's and Kristi's classes. Chai is amazing! Price of membership is a great deal." -- Elena. 4/13/2019



Parking Tips

NEW - CalTrans parking update - the city is in final negotiations to allow **no charge parking after 6 PM and on the weekends. NO guaranty**, however, you should not be ticketed at those times. Please let us know how it goes. We understand some students are already parking there.

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.

Two hour no charge parking is always available at the new Wheeler Plaza parking garage and there is no two-hour restriction after 6:00 pm or on weekends. (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. Our policy is no admittance into class after 5 minutes of start.*



Morning Sun Streaming into Studio One

STAY CONNECTED

