



## New Year, New Classes!

**FLOW YOGA (Vinyasa strong)**  
Effective Wednesday, **January 2**,  
6:45 - 7:15 pm, warm class, not  
hot. Teacher Ali

**YOGA WALL CARDIO CIRCUIT**  
Effective Tuesday, **January 8**  
8:00 - 8:50 am, non-heated  
Teacher Susan

**INFERNO HOT PILATES - Time  
change.** Effective Thursday  
**January 3**, 6:15 - 7:15 pm (previously  
7-8 pm) Teacher Yelena



*Recent Hot Pilates with Lawrence*

## Sunday Specials 1:00 PM

### Introduction to Yoga (Bikram sequence)

Room will be warm, not hot

**January 20, Sunday. 1:00 - 2:15 pm, with teachers Brad and Regina**

Class is for beginners and new students. Corrections offered and some questions and answers during class.

### SAQ (Speed, Agility, Quickness)

**January 27, Sunday. 1:00 - 2:00 pm, Non-heated, with teacher Susan.**

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. Not for beginners. Clean athletic shoes are required, NO STREET SHOES. Bring appropriate hydration and a towel to wipe the sweat!

**SAVE THE DATE**

## 30-Day Challenge Coming Soon!

Save the date, save the month! Our next 30-day challenge will take place **February 1 to March 2**. Get ready and get set for the new year!

## New Member Benefit

Effective January 1st, 2019, Gold and Annual Members receive a **10% discount on all retail purchases**, no minimum purchase. Does not include food and beverage.



## 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.

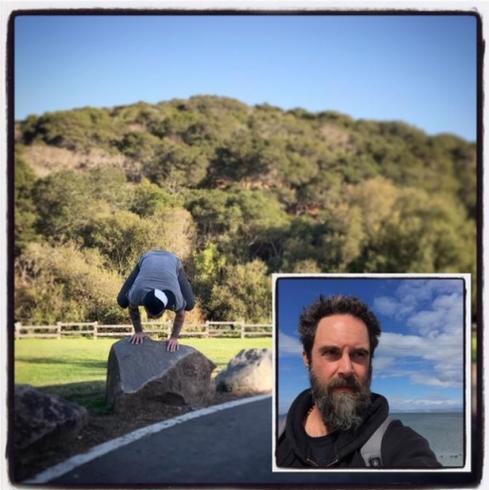
## Meet the Owners: Regina and Bob French

*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](#)



## Teacher of the Month: Charles

### Tell us something about yourself?

I was born and raised on the Peninsula, and feel incredibly blessed to have grown up in such a beautiful and diverse environment. I'm the hero of my own story. I married my best friend in the whole universe, and spend my days cultivating calm as I juggle the responsibilities of parenting our three children, trying to make a living in the Bay Area, and staying grounded on my spiritual path. Yoga helps a lot. I love to play games, find comic books to be the perfect story medium, and still roll around on my skateboard. As they say, you're only as young as you feel.

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

Somewhere around 5 and a half years ago, my lovely wife Katriona found her yoga practice. Being utterly inseparable, it was only a matter of time before her fervent wish that I follow her down a path of wellness was realized. Despite my protests that skateboarding was plenty of exercise, and a healthy fear of what a heated room would do to my ego, I finally accompanied her to my first Bikram class. It was everything I needed in mind, body, and spirit. Hot yoga opened up my lungs in a way that nothing had in years, and began to heal and strengthen parts of my body that I had long been neglecting. I spent about three years practicing Bikram style yoga anywhere from twice a week to once a month. It wasn't until Kat found Yoga Health Center that I started to really take my practice seriously. I took more classes in that first month than I had in the entire year leading up to it, and it changed everything. Introducing a regular practice into my routine centered me in ways I hadn't even imagined, and within the year I had once again followed my best friend's lead. I went through teacher training, became certified as a yoga instructor, and began to teach.

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

Hot Fusion is my favorite format. The combination of Bikram and Vinyasa really fits my needs, but my favorite classes are the ones where I get to practice next to my wife. It's been said that the hardest part of yoga is making it to your mat, and both of us practicing at the same time can be a challenge with our family's schedule. But when we do get the chance, it's like riding a wave of grounding energy to have her there, flowing with me. Thank you, teacher Kat. Supta Baddha Konasana is probably my favorite pose. I could use more restorative yoga in my own practice.

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

Yoga Health Center is a pretty magical place. As a student, I find the teachers to be a source of inspiration, well balanced in skill and temperament. The variety of classes is superior. If you look at the schedule, you will find a class that fits your needs, and a capable and kind teacher to guide you. As a new teacher who just finished up my first year in October, I find the students to be of the highest caliber. Whether brand new to yoga, or seasoned practitioners, students at YHC have proven to be kind, curious, dedicated, and the best teachers I could hope for to guide my early journeys as an instructor.

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

I've been volunteering as an elementary school art teacher for 12 years now. I teach an art class about every three weeks.

### **My Favorite Quotes**

"You must learn to be still in the midst of activity and to be vibrantly alive in repose." -  
Indira Gandhi

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## **Member of the Month: Bennie**

Bennie is 28 years old and was born in Inglewood, California and raised in Fairfield. He has 4 sisters, two older and two younger. Bennie Attended Chaminade University of Hawaii and played on the men's basketball team. He graduated with a degree in Psychology. He has played professional basketball in three countries (Australia, Brazil and China). Bennie is a cancer survivor and is currently the girls basketball coach at Sacred Heart Prep. His favorite TV show is "The Office" and he is a Los Angeles Laker fan.



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

I started yoga because I wanted to increase my balance and flexibility. After a few months of practice I started to become more aware of the mental focus and breathing aspect of yoga. I also enjoy the discipline and commitment to yoga that comes before the results. I apply these same concepts to my everyday life. I have played basketball for most of my life, and since my commitment to

yoga I feel better before during and after I play. I am convinced i am decreasing my chances of injury which ultimately means I will be able to play the game I love for years to come.

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

Hot Bikram. Standing Split.

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

I love the atmosphere that each instructor creates with their teaching styles. It is very encouraging, and positive place all of the time. It is also a great social activity, especially after completing a tough 6am class. It feels like you completed a team task.

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

I've played with or against a few NBA players including Klay Thompson, Isaiah Thomas, Matt Barnes, Tyreke Evans, Orion Green, and Damien Lillard.

### Favorite Quote

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."



### 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!

### Environmental-Friendly Mats

Choose from our wide assortment of our latest enviromental-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



## New Year's Perkvilla Special

Our special for this month will be our new **Women's Tees** for 1000 points, **Women's Hoodies** for 1500 points, and **Men's Tees** for 450 points. You must download your voucher on your phone or print it out in order to redeem. Go to [www.Perkvilla.com](http://www.Perkvilla.com) and use your email address to log in.

## Gold Member 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](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.

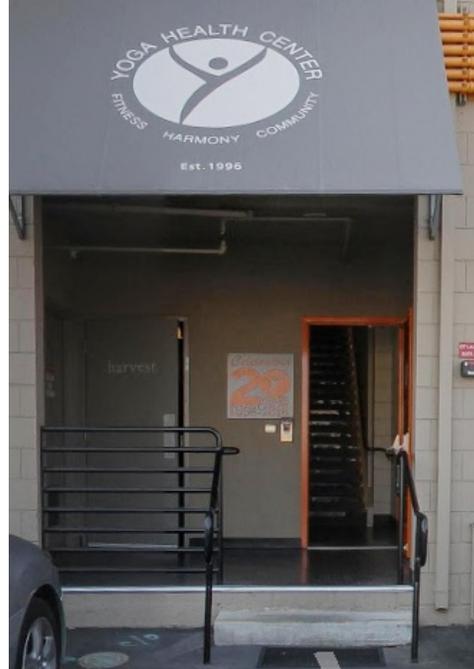
### Guest Policy

Gold 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 Perkvilla points which can be applied to new or returning guests.

## 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 Perkvilla reward points
- Bar code scan to check into classes
- View studio location and info
- Click to our social pages



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](mailto:membership@yogahealthcenter.com)



## Yelp Review of the Month

"Yoga Health Center is great place for those that seek to find a variety of classes. that offer different forms of fitness and allows for all levels to thrive It is

not just a yoga studio but a center for a strong community of people to come together and find health and fitness. The instructors are all unique in their style of approaching fitness and push you to work towards your goals. Regina is amazing and has a wonderful energy that makes you want to come back every day.

The community and studio has grown greatly since it first started and has become quite popular which is amazing to see. While all classes are different I feel each one has helped in shaping my overall fitness and I continue to come back because of that. Like the studio itself, the community is growing and working on improving itself day in and day out!" **Nikolina C.** 12/14/18

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## Parking Tips

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.**



Members enjoying Regina's famous Chai on Dec. 1st Open House Day!  
**HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!**

**STAY CONNECTED**

