



YOGA HEALTH CENTER
SAN CARLOS CALIFORNIA

[CLASS SCHEDULE](#)

[WEBSITE](#)

Happy
FATHER'S
Day!

It's Time to Celebrate Dad!

STUDENT SPECIAL

Bring a guest for a free class on Father's Day. First time guests only.

SPECIALS FOR EVERYONE JUNE 8-16

20% off Jade mats and men's clothing from **June 8-16**. Receive a complimentary YHC mug plus 1 free class pass with the purchase of all men's clothing, Jade mat and gift cards.

TAKE THE 21-DAY CHALLENGE

Begins on Father's Day, June 16.



INTRODUCING

YOGA COLLEGE OF CALIFORNIA

TEACHER TRAININGS / CONTINUING EDUCATION / PERSONAL DEVELOPMENT

Yoga Health Center is pleased to announce the formation of a new educational entity, **YOGA COLLEGE of CALIFORNIA (YCC)**.

The purpose of the college is to offer teacher trainings, continuing education and personal development programs. Our teacher trainings will be **Yoga Alliance** certified and we will offer many styles of yoga and eventually fitness trainings. **Brad Nitschneider** will be our **Executive Director** of the college and will be responsible for staffing and organizational development as well as a lead trainer. **Bob French** will be the **CEO** of our new yoga college and remain CEO of Yoga Health Center. To support this effort new offices for YHC/YCC have been secured across the street.

Initially we will focus on training students to teach the Bikram method of 26 asanas. YCC will also offer ongoing continuing education courses (for Yoga Alliance-certified teachers) as well as other classes and workshops for personal development open to the entire community. Please ask Brad if you have any questions about our TTC or YCC. The Bikram training will be done in a non heated room. Your community practice classes will be heated.



YCC will soon be offering TTCs in various yoga styles (as well as fitness class certifications). We will be focusing our first TTC on training the Bikram method of 26 asanas ("hot 26 yoga"). YCC will also offer ongoing continuing ed courses which are required to be taken by all YA-certified teachers. In addition, YCC will conduct courses, classes and workshops for your personal development (open to the entire community).

Please refer to our poster in hall across from the drinking fountain for further information and details. You may even be inspired to sign up for our first TTC (early bird sign-ups receive a substantial discount). Our mission is to encourage you to grow into your best self. Authentic and awesome. Fit and fabulous. Become the true you.

CLASSES

NEW CLASSES

- **Pilates Plus - Teacher Brad**

Tuesdays 6:10-7:10 pm and
Saturdays 8:15-9:15 am

- **Meditation & Sound Healing - Teacher Brad**

Wednesdays, 6:45-7:35 pm. *Note: Beginning June 26, class time will change to 7:30-8:20pm.*

- **Bikram Silent Bikram - Teacher Brad**

Wednesdays, 11:00 am-12:00 pm. This class is not for beginners. Begins June 19.

- **Vinyasa Flow Non-heated - Teacher Kristine.**

Wednesdays 4:00-5:15 pm. Begins June 26.

- **Rope Wall Asana Class - Teacher Regina.** Thursdays am in June. Time: TBA



Don't see a class you'd like us to offer?

Please let us know what kind of class (yoga or fitness), what day of the week, what time of day, and the length of the class. Your body may be begging for a 50-minute class that focuses on strength training on Sunday at 12:15 pm. "If that's your jam" (as Teacher Kat likes to say), then please write your class suggestion on an index card and place it in our feedback box at the top of the stairs. We'll do our best to make the class happen. For example, several students asked for a regular Bikram silent class and...you got it!



STUDENT OF THE MONTH

Carole Henmi

I vividly remember the first time I walked into Regina's studio (at 636 El Camino) 22 years ago. She was vacuuming the studio while she was seven months pregnant. I am honored to say that I hold the record for being the longest running YHC member; I began at Regina's studio in January of 1997. I've been going for 22 years! I started when I was 39 and am now

61...whew! And thanks to 22 years of Bikram, I truly feel stronger and more flexible now

than when I started.

When did you start doing yoga?

I have been practicing yoga off and on since 1996.

Do you have a favorite class? Favorite pose?

I still love Bikram and I love all the classes I take. YHC teachers are well chosen and from a wide spectrum. I have fun. Toe stand is my favorite pose because I have to focus and be in my body. If I'm not, I can't hold the pose. Doing the pose is a thermometer of my presence.

What do you love about Yoga Health Center?

I love the community and that Regina doesn't make it so precious; I can have fun here. This place has a real vitality. I appreciate the free chai on Saturdays and the variety of classes. This studio has kept me healthy for over 20 years. I was in average shape at age 39. Now I'm healthy and fit in my 60s. It's truly transformative. And it's humbling to be in classes with students half my age and I love it!

Do you have a fun fact about yourself?

For many years I have traveled to remote parts of the world to support endangered indigenous tribes and their cultures. I've been with the Achuar in Ecuador, the Masai in Kenya, and the Hmong in Laos. One of my more memorable experiences was in Bolivia, travelling down a river for two days in a small, very leaky dugout canoe with a dozen people from a remote Amazonian tribe, one chicken, and a broken solar panel! We took turns bailing the water out of the canoe with a coconut shell... :-)

Favorite Quote

I have the perfect quote for hot yoga!

"The cure for anything is salt water: sweat, tears or the sea." -- Isak Dinesen



TEACHER OF THE MONTH

Kristine Tom

I'm a Bay Area (and Peninsula) native who loves to be around people and learn new ways to move my body. I'm also a brain-body nerd so I'm constantly fascinated at how adaptive and self-regulating our bodies are and I'm constantly reading up on the new neuroscience and meditation research. I love traveling abroad solo even though I've had my fair share of mishaps and stolen property. Something about the anonymity of it and the time alone gives me the opportunity to reset and reframe my intentions and perspective. I'm also a huge sucker for beers and like to hang out with my dog at Ale Arsenal often :)

When did you start doing yoga?

I took my first yoga class in college and had absolutely NO idea what it was. For some reason, I thought it was a water sport so I took off my glasses before going into the studio and ended up not being able to see a thing! This actually turned out for the better since it made me less self-conscious, I really couldn't see much except my own body and sweat on the mat. Before practicing yoga I was suffering from an eating disorder and had a very challenging relationship with my body. The practice was the first positive physical experience I had and knew it was going to be the first step on my path to healing.

Do you have a favorite class? Favorite pose?

I definitely go through phases of loving things. Currently, boxing is my favorite way of learning and moving my body. For yoga poses I would say, seated straddle. My hips love the feeling of being close to the ground and if I spiral my spine around it feels so juicy through the whole midline of my body. For standing poses, I would say triangle since I feel like there are so many nuances to explore, whether it be grounding through the legs

and hips, rotating my trunk or just closing my eyes and finding balance.

What do you love about Yoga Health Center?

The community is incomparable. I've been teaching yoga on the peninsula for over ten years and I have not taught at a studio where everyone is so genuinely nice, receptive, and low maintenance. I love how people greet one another and truly welcome one another. I also love the variety of classes, levels, and styles offered, truly another testament to how open-minded the community is. I haven't tried the chai yet but I'm sure that's another highlight!

Do you have a fun fact about yourself?

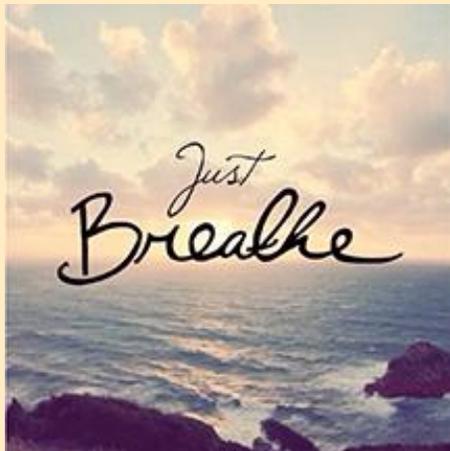
I'm the tallest female in my family (both mom and dad's side) and also have a great grandmother who celebrated her 89th birthday last year. I have quite the genes!

My Favorite Quotes

*"Live as if you were to die tomorrow. Learn as **IF** you were to live forever."*
-- Mahatma Gandhi

Community Corner

By Brad Nitschneider, YHC Community Writer



Meditation from the Mat

"Take one more breath." That's what teacher Kat recommended during one of her always inspiring classes. She was speaking about how to meet reactivity with a mindfulness moment, taking a pause for peace. Returning to the fast-paced Bay Area after having lived in the way-slower-than-the-Bay Area pace of China the last five years has given me plenty to react to. Am I right, or am I right? I've noticed how easy anger arises in me here, especially when I'm feeling rushed or in a hurry or rushed by someone in a hurry. When I lived in China, I was much less prone to reacting to things.

So, should I blame the Bay Area for "making me" angry? Or blame its high speed? Or blame its lack of mellow yellow? Well, I could blame all these things and more, but what's the point of blaming? It would be foolish of me to abdicate responsibility for my choices about how I react or respond to external circumstances. Besides, I always lose when I play the blame game. And being a loser is not a good look, whether you're a dude or a darling.

What to do? Yo, go back to the breath, dude! Darling, how about taking a breath before doing or saying anything next time you're feeling agitated or reactive? Practicing yoga/meditation daily has reminded me of the importance to "take one more breath" before moving on to the next thought, the next action, the next feeling, or the next...well, breath. Thank you, teacher Kat for that life lesson. Let's breathe together and practice the power of the pause for peace.

POSTURE OF THE MONTH

Triangle Pose (Trikonasana)

NEWSFLASH!!! There is a magical shape that has been reported to subdue stress, improve

balance, alleviate anxiety, enhance spinal flexibility, tone the leg muscles, and cure constipation. I even read that putting your body into this shape of three sides even “helps you attain perfect buttocks.” That claim made me laugh. Then I checked out my backside in the mirror and laughed so hard I fell down, right onto my (imperfect) buttocks. Then I got up and did triangle pose, just in case those crazy claims might have merit. Why not give it a go?



As I have been writing each month, every yoga pose has at the very least a “trinity” of benefits, some as old as the pyramids (wink, wink). If you have tried different styles of yoga, you may have noticed that trikonasana is there! It’s as common as a triangle. Here are some helpful hints to put into practice next time you do triangle pose: 1) ground yourself by feeling your body’s weight, evenly distributed in both feet (if you’re an octopus, may Aquaman help you); 2) balance yourself by focusing on keeping the muscles of your trunk contracted, feet pushing down, quads feeling strong while the muscles of your torso are expanding and pulling up, feeling light and flexible; then 3) repeat #1 and #2 throughout the duration of the pose, saying to yourself, “I am grounded. I am balanced. I am flexible.”

Remember that you become what you say to yourself. And you become what/who you love. So next time you find yourself in triangle pose and you are loving it, entertain the possibility that you may actually “find yourself” through focused practice of yoga asanas. Wow, you ARE more grounded, balanced, and flexible. Go figure (pun intended)! Yes, it’s true. You are playing with pyramid power, a 3-D triangle in action. The ancient yoga sages, some of whom probably lived in pyramids, believed that we become the asana that we embody. Tri-that-angle on for size.



Mamaste Mother's Day Fun

Many moms enjoyed a YHC class followed by more relaxation in the lobby with a complimentary chair massage, coffee (provided by Peets) and sweet treats during our Mamaste Mother’s Day celebration.

Our special for the month of May will be our new **WHITE Women's Tees for 750 points this month points!** (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.Perkville.com



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. **20% off June 8-16th!**

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 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



YHC App Makes it Easy!

Download our custom Yoga Health Center App from the Apple Store to receive last minute notices, 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.

[Click here to begin tour](#)



Yelp Review of the Month

"Your studio environment is professional yet friendly. The teachers and staffs are welcoming, your studio is clean and it is a "happy place" to gather, to practice yoga and also the various classes your offer." -- Aziana, 5/9/19



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 guarantee**, 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. There are no pre sign ins to classes.*

HAPPY 23rd ANNIVERSARY YOGA HEALTH CENTER!

STAY CONNECTED

