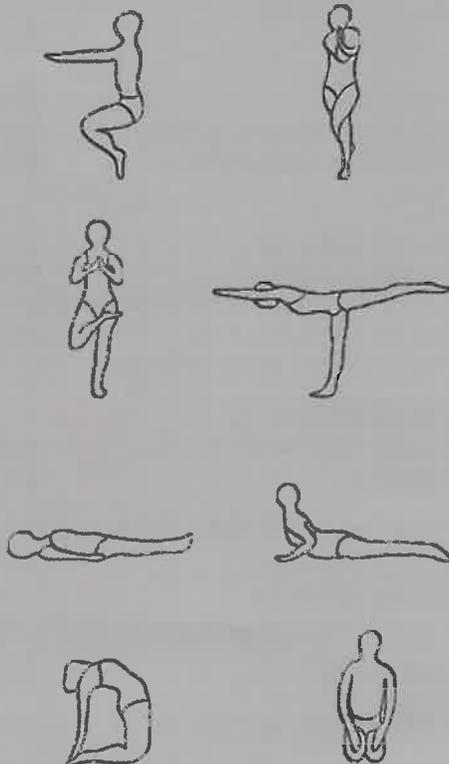


The Benefits of Yoga

- Lose weight and reshape your body
- Improve your physical balance, strength, flexibility and stamina
- Strengthen your spine
- Improve concentration and focus
- Reduce effects of stress
- Reduce risk of sport injuries
- Accelerate recovery from new or old injuries
- Tone and strengthen your skeletal and muscular systems
- Flush toxins out of your body
- Boost your immune system
- Make your skin glow and look refreshed!



Testimonials

Susan 36 years old

I was diagnosed with a degenerating lower disc in my 20's and was told that the effects of pain, muscle spasms, etc. would only get worse as I got older. They encouraged exercise to strengthen my abdominal and lower back muscles.

It wasn't until I began hot yoga in January 2002 that I have experienced a year free from monthly pain, ice compresses, and muscle relaxers. Even when lower back pain flares, my recovery is quick and the yoga always helps to relieve the pain. I feel enthused and excited that I have found an exercise and practice that helps me both physically and mentally.

Patti 24 years old

I found yoga, not because of a preexisting injury, rather to find balance between the demands of my personal and professional lives. I was very stressed out which manifested itself into pain in my neck, shoulders and back along with irregular breathing (I used to hold my breath unconsciously).

Last year, I began practicing hot yoga with Lori. She is an outstanding instructor who knows every student by name (she even speaks Spanish) and coaches everyone towards feeling the full benefits of each pose. Through sustained practice, I have gained tremendous strength, flexibility and calmness (which, by the way, resulted in a more sculpted figure!) My stress level has reduced substantially, my breathing is more regular and I have learned how to better manage the energy in my body.

Mark 64 years old

I was born with hydrocephalus ("water on the brain" caused by spinal fluid entering the cranium and not being able to flow back into the spine.) Throughout my life I've dealt with minimal balance and coordination, lack of depth perception and having a very large head (about a size 9-if there were such a thing).

I started taking hot yoga classes in October 2002. In less than three weeks of classes, I noticed a significant improvement in my ability to stand, walk and negotiate stairs. This represents a truly remarkable, nearly miraculous, improvement in my physical bearing, for which I am willing to credit hot yoga.

Don 77 years old

I have had an increasingly painful trochanteric bursitis in my right hip for the last three years. I was unable to sleep lying in a bed. Several different therapies provided only temporary relief.

When I decided to try hot yoga, I walked with a limp. The morning after the 5th session of hot yoga, I got up and walked without the limp. I still have weakness in my right leg and some discomfort in certain of the yoga poses, but I have improved to the point that I am determined to continue with the program. Besides, I've had so many attractive ladies tell me I'm 'totally awesome' that at my age, I wouldn't quit for anything.

Yoga is a systematic methodology for achieving greater health and contentment. The key to yoga as medicine is to establish a regular practice. - Timothy McCall, M.D

Ahren Sam



Hot Box Yoga

22433 Foothill Blvd.

Hayward, CA 94541

510-888-YOGA (9642)

www.HotBoxYogaStudio.com



Hot Box Yoga

The Yoga Experience

Group yoga practice builds high energy and positive vibrations. Qualified teachers, personal attention, customized classes, integrated breathing and relaxation techniques make Hot Box Yoga a unique experience. Beginning and advanced students practice yoga together in a single class in both hot and cool temperatures.

In the beginning you have to make room for yoga in your daily life. But after some time, yoga itself will pull you up by the hair and make you do it.

—Vanda Scaravelli

Yoga is Good For You

Everyone practices yoga together to the best of their ability. It is not a competition. You are working to improve yourself, not to compare yourself to someone else. Depending on individuals, results will vary. Try to do the postures to the best of your ability and as far as you can take yourself. If you have concerns about any injuries you may have, consult with the instructor for modifications.

Practice Frequently

In order to be effective, yoga should be practiced daily or at a frequency with no long lapses between lessons. A minimum commitment of 10 classes in 30 days is recommended for the student to derive a sense of benefit from this program. An practice consisting of three classes a week is recommended.

Yoga is a means of improving flexibility, strength and body awareness creating peace of mind.

Class Schedule

M	T	W	T	F	S	S
9:00 AM ASHTANGA MODIFIED PRIMARY SERIES	9:00 AM HOT YOGA	9:00 AM HOT YOGA	9:00 AM HATHA FLOW	9:00 AM HOT YOGA	9:00 AM HOT YOGA	9:00 AM HOT YOGA
4:30 PM HOT YOGA	4:30 PM HOT YOGA	4:30 PM HOT YOGA	4:30 PM HOT YOGA			
6:00 PM ASHTANGA VINYASA POWER HOUR	6:00 PM GENTLE/PRENATAL YOGA	6:00 PM ASHTANGA VINYASA POWER HOUR	6:00 PM GENTLE/PRENATAL YOGA	6:00 PM HOT YOGA		
7:15 PM HOT YOGA	7:15 PM HOT YOGA	7:15 PM HOT YOGA	7:15 PM HOT YOGA			

Fee Schedule

DROP IN

Single class	\$20
10-Class card, expires in 60 days	\$120
35-Class card, expires in 6 months	\$310

MONTHLY

1 month unlimited	\$135
Monthly unlimited	\$79
Automated withdrawal, 6-month membership required	
Fixed Membership Rate	\$400/\$40
1 time cost of \$400, then \$40 monthly	

SENIORS & STUDENTS

10-Class Card, 60 day expiration	\$105
Unlimited	\$115

TEACHERS, POLICE, FIREFIGHTERS & NURSES

1 month unlimited	\$115
Monthly unlimited	\$65
Automated withdrawal, 6 month membership required	

GIFT CERTIFICATES \$50

INTRODUCTORY OFFERS \$34.99

Buy 1 week of Yoga and get 2nd week FREE!

First time students only. Try 14 consecutive days of yoga to experience full benefits of repeated practice.



SantaCon Hayward!

Saturday December 6, 2014 + 6:00 p.m. til Last Call

www.SantaCon.info/Hayward-CA

["SantaCon Hayward" on Facebook](#)



How it works:

Dress Like Santa or Ms. Santa.
Show Up and Have FUN!



Hayward Animal Shelter

Santa Stops

- 6:00 - World Famous Turf Club
22519 Main St.
- 7:00 - Bijou Restaurant & Bar
1036 "B" Street
- 8:00 - Metro Taquero
1063 "B" Street
- 9:00 - The Bistro
1001 "B" Street

Prizes!

Enter Santa / Ms. Santa Suit Contests
at each venue

A Benefit for the Hayward Animal Shelter
Supported by



Restaurant & Bar





If you are unable to attend the meeting and you would like to comment on this project, please contact:

John Nguyen, PE
 Planning Division
 777 "B" Street
 Hayward, CA 94541
 Phone No. (510) 583-4111
 Fax No. (510) 583-3649
 E-mail: john.nguyen@hayward-ca.gov
www.hayward-ca.gov

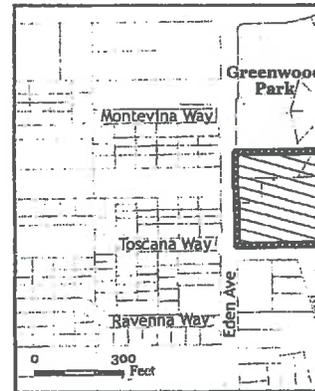
Sara Buizer, AICP
 Planning Division
 777 "B" Street
 Hayward, CA 94541
 Phone No. (510) 583-4191
 Fax No. (510) 583-3649
 E-mail: sara.buizer@hayward-ca.gov
www.hayward-ca.gov

Reference:
 PL-2013-0393 TTM
 Sunny Tong (Applicant)
 Chang Income Property (Owner)

Si necesita esta información en español, por favor llame al teléfono 510-583-4400.

• Make Copies for Council members

P. D.



Area Map for Eden



Halloween '14

Retail Locations:

Palo Alto—University Ave.
 Santa Cruz—Pacific Ave.
 Santa Clara—Westfield Valley Fair

Text AASTORE + zip code to 23000
 to find American Apparel locations
 nearest you.

American Apparel



Made in USA—Sweatshop Free
americanapparel.net

