



FREQUENCY YOGA

bikram • power • fitness

Frequency Yoga www.sanrafaelyoga.com 415.453.9642



Christian Allaire

is back in town for a few weeks, & he has decided to pick up a few classes here & there! Woot, Woot!

Check the schedule for classes he is picking up!



[VISIT THE SCHEDULE](#)

How To Safely Deepen Your Backbends

Patience, Work, Dedication & This...

To deepen your backbends it's important to emphasize opening the *chest muscles, *frontal hips and *middle back as much as creating flexibility on the lower back region.

Below are some poses and pointers to help open your chest and hips, lengthen your spine, and ultimately deepen your backbends in a healthy manor.

1. **Cobra pose** - Lie on your belly press your hands into the space under your shoulders. Lift your chest up off the mat, emphasize rolling your shoulders up-back-and-down.
2. **Bridge pose** - Lie on your back, with knees bent and feet planted on the ground. Firm your outer arms and walk the shoulder blades towards each other underneath you. Lengthen the tailbone, and press up through the hips to really open the chest and frontal hips here.
3. **Dolphin pose/ Down dog on your forearms** - Press the forearms actively into the floor. Firm and widen the shoulder blades away from the spine and down toward the tailbone to accentuate the shoulder stretch.



4. **Locust pose** - Lie on your belly, clasping the hands behind you and press the shoulder blades into your back to open the chest and shoulders. Raise your arms, legs, and upper torso off of the floor to strengthen the spinal muscles.
5. **Low lunge / Dragon pose** - Come to a lunge with your back knee on the floor. Lift the chest and draw the tailbone down. Focus on incorporating the backbend into your upper back and avoid crunching in the lumbar as you reach up with the arms.

For more tips on deepening your backbends safely, talk to Lesley (pictured). Find her teaching on the power side at 9am on Saturdays this summer!

*"The secret to happiness is freedom,
the secret to freedom is courage."*

~Anon. (Quote taken from Amber's Power Classes last weekend)

Upcoming Events!

Fun filled events at our scrummy yoga community

Summer Solstice

Cacao & Dance Blast with Kyla!

A true spring cleaning with Mateo

SATURDAY JUNE 17th 2-4pm

Optional Community Dance Party 4-5pm

Come be nourished, explore more of yourself and delight in the celebration of being ALIVE!

Join us in celebrating the Summer Solstice with the medicine of sacred cacao, intuitive movement, shamanic journeying and loving community.

We will embark on a multi-sensory, multi-dimensional journey with ceremonial cacao, uncover our spirit animal allies and begin cultivating a relationship to them through intuitive dance.



[>Learn More & Sign Up HERE<](#)

Student Feature!

Chatting With The Yogi Next To You

Have you met **Becca Salmonson**?

Her first ever Bikram class was with Jefferson back in 2009 so we bet you've seen her around! She has a beautiful story to share...

You have probably seen her yummy granola snacks, **Becca's Petites BOUCHÉES** up at the front desk, we are all pretty addicted to them!

These, now very successful, granola products started out in mini paper cups on our counter years ago in an attempt to help a very sick fellow yogi called Kevin eat.

Nowadays all the proceeds from her products go into a college fund for the son of Kevin (who is now deceased).

A sweet and inspiring story, and a delicious and healthy product that we have witnessed grow and blossom over the years.

Becca how did your company start?

"I've always loved to cook and share healthy & nutritious food and used to bring in a version of my granola for the teachers. I studied at The Institute of Integrated Nutrition, and I used to prepare meals for people with special dietary needs."

"When my fellow-yogi, Kevin, was diagnosed with cancer, I was asked to help him with his nutrition. I researched and baked for months until I got a recipe down that he could eat, taste and enjoy. When Kevin passed away, I was inspired to honor my friend and follow my passion."

Deciding to keep all the profits and put them towards Kevin's son, KK's, college education was an easy choice for Becca.



Find Becca's products in United Markets, Andy's & at Juice Girl. All proceeds go to the college fund for Kevin's son

"The amount of overwhelming support from our yoga studio community was key in the decision to take the product public, and when Kevin passed, I felt compelled to help take care of his young son, KK, in the same way Kevin took care of others with all his work for various non-profit organizations. That's why my proceeds are going to KK's education fund."

What does the name mean?

"My mum was French and had cancer as well, so I honor her with the name. **Bouchées** (pronounced \bü-'shāys\). It literally mean "mouthfuls" or "bites" in French. As the baby of five, I was my mum's petite bouchée, or little bite."

Which is your favorite flavor of Becca's Petites BOUCHÉES?

"Wow. That's like asking me to choose my favorite child! I love them all, but the one nearest and dearest to my heart has to be the Original Mix since it was made special for Kevin. Although, I often find myself at the bottom of a bag of the Chocolat Noir!"



Becca's Petites Bouchées

How do you decide what flavor to make next?

"Chocolat was the 2nd flavor at the beckoning of my daughter. My hubby is from New Orleans and was hankering for the Savoureux. I'm a little bit spicy, so the Flambeaux has my name all over it."

"I created the spicier Flambeaux while watching Game of Thrones, go figure!"

What's your favorite way to eat your product?

"I love the Original with yoghurt, almond milk and fresh fruit... great way to start my day and keeps me full for hours. I enjoy the Chocolat Noir with a cup of tea or over coconut gelato (insert yum here) and I munch on the Savoureux during my kids sports or while binge watching my TV series."

What's your favorite thing about practicing yoga?

"It keeps me sane in an insane world! My kids have all asked on occasion if I was "yangry" (yoga angry = skipping yoga). They all know how important yoga is to my well-being and theirs...JK!"

"After my first class I felt exhilarated, humbled, but ready for more!"

Any advice for newbie hot yoga students?

"Show up! Be nice to your body and it will be nice to you!"

*"Do what makes you happy.
If you do what you are passionate about,
it never feels like work."*

~Becca Salmonson- Frequency Yoga student for 9 years

SweatAngels Healing Ourselves & Helping Others

3rd Annual Shoe Drive!

This June, ask our amazing staff what our hashtag is so you can check in and do yoga for a cause!

This June, we are partnering with Soles4Souls.

Throughout the month, every 10 check-ins @FrequencyYoga on social media will provide one pair of shoes to someone in need.

Check-in and help give
#shoes4kids!



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INFO@FREQUENCYYOGA.COM

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