

MINUTES
Fitness & Yoga Certification Advisory Committee Meeting
Time 12:00-1:30 pm
Date: Friday September 12th, 2025
Place: Zoom Conference

Voting Members in Attendance: Jan Blalock, Brett Livingstone, Priyanka Varma, Maythe Ortiz, Sheila Martin

Staff in Attendance: Tara Jacobson, Venona Orr, Andrea Thomas, Jen Latourette, Carrie Stillman, Rachel, Smith, Kim Kinahan, Vanessa Luna, Megan Rhodes, Amy Merkel, Mackenzie Galindo

Guests: Monica Anderson, Judy Hoffman, Barbara King, Kali Ma, Barbara King, Gwen Miller, Liz Pires, Ann Mansfield, Becky Ennis, Jodi Giampaoli

Was there a quorum **Yes** **No**

- Call to Order: Meeting called to order at 12:05pm
- Welcome/Introductions: Venona
- Approval of Minutes of Last Meeting – approved by Tara Jacobson.

New Business/Discussion

300HR Yoga Teacher Training Certificate

Andrea presented a proposal for a new 300-hour Yoga teacher training program at SRJC, which would build on the existing 200-hour program and align with Yoga Alliance requirements. The program aims to increase accessibility and inclusivity in Yoga practice while honoring South Asian roots, with five key goals including customized teaching techniques, philosophical understanding, and community outreach. The proposal includes 270 contact hours across six classes, with the possibility of financial aid for students, and would serve as preparation for 500-hour registered Yoga teachers.

The group discussed the success of their 200-hour yoga teacher training program, which has maintained strong enrollment this semester. Tara explained that the program is on an upward trend after previous enrollment challenges, with 27 students currently enrolled, and Andrea confirmed they will add an internship option to complement the practicum component. The discussion addressed the decision to launch a 300-hour program, with Tara noting that students have been requesting this expansion, and Andrea highlighted the program's accessibility and lower price point compared to industry standards.

Move the development of 300-hour advanced yoga program to action. Piyanka Varma

Second: Brett Livingstone

All in favor (voting members): Jan Blalock, Brett Livingstone, Priyanka Varma, Maythe Ortiz, Sheila Martin

Action

Vote to approve developing the 300-hour Advanced Yoga Teacher Training program

All in favor (voting members): Jan Blalock, Brett Livingstone, Priyanka Varma, Maythe Ortiz, Sheila Martin

Approved

Next Steps:

Andrea and Tara: Proceed with the program proposal for the 300-hour Yoga Teacher Training program after having received advisory board approval.

Finalize the 300-hour Yoga Teacher Training program proposal, incorporating the internship option as suggested by Kim.

Andrea and Tara: Implement strategies to ensure successful enrollment and completion rates for the proposed 300-hour program.

Costa Rica Yoga Study Abroad

Andrea and Tara shared exciting news about their 200HR Yoga Teacher Training program being selected for a study abroad in Costa Rica during summer 2026. The program will be structured over six weeks, with three weeks of online classes and three weeks of in-person training in Costa Rica's Pacific coast region. They are finalizing the itinerary and costs with the study abroad company, aiming to make it affordable for students, and plan to recruit 22 participants. The team will provide more details and begin outreach efforts once the itinerary is finalized next week.

Updates

Community Updates

Kali Ma announced the grand opening of Cotati Chiropractic's new wellness center in downtown Cotati, scheduled for September 17th from 5-8 PM, featuring live music, games for kids, and raffle prizes.

Janice shared updates about Parkpoint's Pilates program, including the hiring of Emily (SRJC graduate) as Pilates Director and the upcoming launch of a free cancer wellness program in early October.

Liz announced Yoga 6 Six's 4-year anniversary celebration in early October, featuring themed classes, local vendors, and raffle prizes, while also noting they are hiring yoga instructors and wellness advisors.

Brett: Finalize acquisition of a fitness club in Southern California.

Pilates Updates

Tara reported that the Pilates program is thriving, with full classes and a waitlist, and they are considering adding a second cohort for the Pilates Pilates mat program.

She mentioned that students are using a form on their website to express interest, with ChatGPT being one of the options for how they heard about the program.

Tara also highlighted the program's success in providing grant funds for students to take the National Pilates Certification Exam, with a 100% pass rate.

The program is increasing in diversity, attracting students from around the Bay Area, and continues to build its network to provide more opportunities for observation and practice.

The group discussed communication methods for students, with Tara explaining that information is shared through class management systems and a Facebook group is set up for current and past students to share community events and job opportunities, though some students without Facebook access were noted as a concern.

Brett shared that their company is increasingly using AI in various operations, and Kim requested feedback from the group about AI usage in their industry for preparing students, asking everyone to email Tara for forwarding and to potentially set this up as a discussion item at the next advisory board meeting.

Yoga Updates

The yoga certificate program has been updated with a new coordinator, Andrea, who returned to lead the program after Ameya Bela's resignation. The program has expanded its faculty and reintroduced the teaching practicum and internships in the community, with Kim managing the site coordination. The program is currently enrolling 27 students and offers a mix of in-person weekend classes and online synchronous classes at 5 PM Pacific time, which students have confirmed as their preferred time. Andrea expressed interest in having an on-campus presence once per semester and requested that faculty and staff who are willing to host interns contact Kim for more information.

Andrea will help 200-hour Yoga Teacher Training graduates apply for the Experienced Registered Yoga Teacher (E-RYT) credential with Yoga Alliance.

Fitness Updates

The meeting focused on the progress and future plans of a fitness education program. Venona reported on the success of the first year, including the addition of a health coach class and the receipt of a grant for vouchers, which were appreciated by students. Most students who received vouchers had passed and received their certifications.

Venona mentioned that most courses were doing well, except for one with low enrollment.

The group discussed advertising strategies, with Gwen suggesting targeting certified trainers for continuing education. Tara noted the need for a future discussion on generative AI in the industry.

Meeting was adjourned at 1:10 pm.