

15 MINUTES

## Breathing community

For the past four years, Zuri Osterholt (pictured, on the left) and Tatiana Looney have been teaching yoga in and around Chico, everywhere from Chico's Hot Yoga Club, Freebird Aerial Yoga and In Motion Fitness to Ohana Health in Paradise. Most recently, they've been co-managing two yoga clubs—in Chico and Granite Bay. When the space at 707 Wall St. in Chico—the former Studio One Ballroom, which closed following the Camp Fire—came open last month, they jumped on the opportunity to open their own business, which they've dubbed Hatha House. They already have a full staff and are offering membership discounts until their grand opening, March 1. A variety of membership options, from single classes to unlimited, are available. Swing by that evening for live music, food-truck eats and a sneak peek at Hatha House. Go to [hatha-house.com](http://hatha-house.com) or call 884-4130 for more info.

### This place is huge!

**Looney:** It is huge—it's 4,000 square feet of space. So, we're able to divide it into two sections, where we can do our infrared mat yoga and then get up in the aerial hammocks and fly and play around.

**I've heard of aerial yoga and I've heard of hot yoga—what is infrared yoga?**

**Looney:** The panels that are hang-



PHOTO BY MEREDITH J. COOPER

ing, that's the heat source. It's clean heat. So, you're not walking into a room that feels stuffy and hot—this feels like the sun is on your skin. There are so many health benefits to infrared heating.

**Osterholt:** And when the body's a little warmer, it's easier to move, so it's great for the yoga.

### What do you envision for this space?

**Osterholt:** A community center. Likeminded people coming together. We see ourselves partnering up with other businesses in the area and offering that community hub for people to participate in classes for wellness—not just the yoga—and coming in for workshops, teacher trainings ...

**Looney:** ... events—if people want to have a concert here, let's do it!

**What's the biggest thing you've gotten from yoga?**

**Looney:** For me, it's mindful-

ness. It's so oversaid, I guess, but it's taught me to pay attention to who I am, how I am with other people, how I act, react. You find that on the mat. Maybe you're in a pose and it's really difficult to balance that day, your balance is off. You can either get very upset at yourself or laugh it off and see it as a lesson. That's been a big thing for me; to take a moment to take a breath and be like, *OK, how do I react in this situation? Do I flip someone off and blare my horn or do I smile and wave and say, "You go ahead?"*

**Osterholt:** I think I would say connection. Connection of the mind, body, breath that you get in the physical practice, but also connection ... because we all show up here together when we practice yoga in a classroom setting. So you're forming that connection and that connection goes out into the whole world.

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## THE GOODS

## Ambassadors, not more cops



by  
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The past six months have been challenging for a number of reasons. But if things like providing enough housing for Chico's market or improving infrastructure like roads were hard before the Camp Fire, they're certainly exacerbated now.

Those are not mind-blowing conclusions, but they are significant nonetheless, and they are among the findings the **Chico Chamber of Commerce** released last week in its special Camp Fire economic report. "At the current pace of development, the outlook for providing permanent housing for our workforce within the foreseeable future is bleak," the report reads.

Specifically, the chamber concluded that Chico needs 10-15 more police officers to keep our city safe; an additional \$150,000 immediately channeled into road repair and maintenance; and incentives to spur housing development.

"Without immediate action to address these challenges, the Chamber anticipates a loss of businesses and associated jobs, loss of headquarter status for businesses that started here and subsequently expanded out of the area, an increasing loss of talent either retained or recruited and a significant reduction of public services," the report reads.

Mayor **Randall Stone** shared similar concerns during his **State of the City** address last Friday (Feb. 15). I like his take on housing: He wants to require 10 percent of new housing developments be set aside for low-income residents.

I also much prefer his approach to public safety over the constant clamor of "we need more police." Stone's opinion is that the **Downtown Ambassadors** program has shown proven results. I see it regularly in cleaner streets and simply feeling safer when those bright yellow shirts are around.

"Instead of spending \$160,000 per year—that's the average per annum cost of a police officer—we could spend a fraction of that cost on multiple Ambassadors, social workers, and case managers to address Quality of Life issues with better outcomes!" he wrote in his speech. Agreed!

**DESSERT TIME** I was walking downtown earlier this week with a co-worker and we noticed some activity inside **Insomnia Cookies**. Turns out they opened over the weekend—on Main Street, near Third—and we popped in to check it out.

The young woman behind the counter was super enthusiastic and sold me on a Cookiewich, two cookies of your choice sandwiched around a scoop of ice cream. It did not disappoint. The fact that they serve their cookies warm made all the difference. They're open late, with delivery till 3 a.m. daily.

**ANOTHER ONE BITES THE DUST ...** **Payless ShoeSource** is the latest casualty in the Amazon retail war. The discount store with two locations in Chico (by Safeway on Mangrove Avenue and inside the **Chico Mall**) and one in Oroville (by **FoodMaxx** on Oro Dam Boulevard) will be closing all of its shops in the coming months. March 1 is the last day for returns or exchanges; March 11 is tentatively set as the last day for using gift cards—so get thee to Payless!

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