

YOGA ADVISORY BOARD MEETING MINUTES

Date: April 18, 2024

Location: College of San Mateo, Bldg. 8 Room 303

Facilitator: Denaya Dailey, Head of CSM Yoga

Board Members Present:

- Eva Lam – CSM YTT Graduate (2012/2019), Yoga Instructor at Rosewood Hotels & Resorts
- Jessica Woo - Eva Lam – CSM YTT Graduate (2012), Yoga Instructor
- Tammy Jang – CSM YTT Graduate (2012), Yoga Instructor
- Kim Moore – CSM YTT Graduate (2012/2019), Yoga Instructor
- Sim Ling Lam – CSM YTT Graduate (2012/2019), Yoga Instructor at SMAC
- Jean Garcia – CSM YTT Graduate (2012), Yoga Instructor at SMAC
- Julie Malari – CSM YTT Graduate (2012), Yoga Instructor

Agenda Item 1: Program Developments

- 2023–2024 cohort grew to 18 students.
- Curriculum updates included:
 - Decolonizing-informed yoga module expanded to include guest educator Samantha Ramaram.
 - Business of Yoga unit now includes ethical marketing, building a private practice, and social media strategy.
 - Yin certification, Empowered Leadership and Decolonization units are well received.

Agenda Item 2: Grant Funding & Strategic Goals

- Perkins funds used to purchase Muse Headsets. Help to train mind in meditation.

- Strong Workforce funds helped support yin Yoga, Empowered Leadership & Decolonization trainings.
- 2024–2025 funding priorities:
 - CE workshops for grads on Yin Yoga, Empowered Leadership & Decolonization trainings.

Agenda Item 3: Equity & Student Success

- Julie emphasized continuing to center accessibility — both financial and physical.
- Jean suggested creating flexible teaching pathways for working parents and caregivers.
- Jessica shared that students appreciated recent diversity training and inclusive language practice.
- Eva supported the idea of guided teaching observation hours in a variety of community settings.

Agenda Item 4: Industry Trends & Studio Needs

- Jean shared a need for teachers who can sub confidently and hold space for mixed-level classes.
- Sim Ling noted that prenatal and restorative teachers are in high demand at PJCC.
- Kim proposed a partnership to pilot student-led community classes at local libraries or wellness fairs.
- Eva discussed the rise in luxury wellness retreats and the need for professionalism and versatility.

Agenda Item 5: Alumni Opportunities

- Eva, Jean, Kim, and Tammy committed to offering mentorship or guest talks to upcoming cohorts.

- Board members interested in co-teaching alumni-led intensives or themed workshops.
- Denaya to initiate an alumni spotlight series and create a feedback loop for post-grad support.

Next Meeting: Spring 2025 (Date TBD)

