



Dear Halo Yogis,

Eight years ago, I took my first hot yoga class at a place called Sumits Yoga (now Essential Hot Yoga) on Broadway Avenue. I had no idea at the time that yoga would completely change my life because all I was thinking about was being able to hold my arms up over my head for two minutes in half moon and how to make it through class without throwing up. But yoga did change my life. It brought me to take a teacher training and shortly after that to purchase the Hollywood Market and later create a new studio in a space where some friends had also started a yoga studio called L'Hotse Yoga. A few months ago, Brandy Mamizuka and I started chatting about her desire to bring her brand, Essential Hot Yoga to the South Meridian area. After many meetings, we decided that it would be best for both brands to join forces to offer the best yoga classes in the South Meridian area. We'd like for there to be as little change as possible in the studio but it's also exciting to see what a new vision and mind can bring to the business.

I hope you continue your yoga practice at the new Essential Hot Yoga at Halo location, supporting your fellow students and teachers you've grown to love. Students with membership at Hollywood and Halo will need to choose between being a member at Hollywood Market on 8th Street or joining the Essential family with access to all five studios. Thank you for your support over the years and I look forward to seeing the studio continue to thrive and grow in 2019 and beyond.

Sallie Herrold