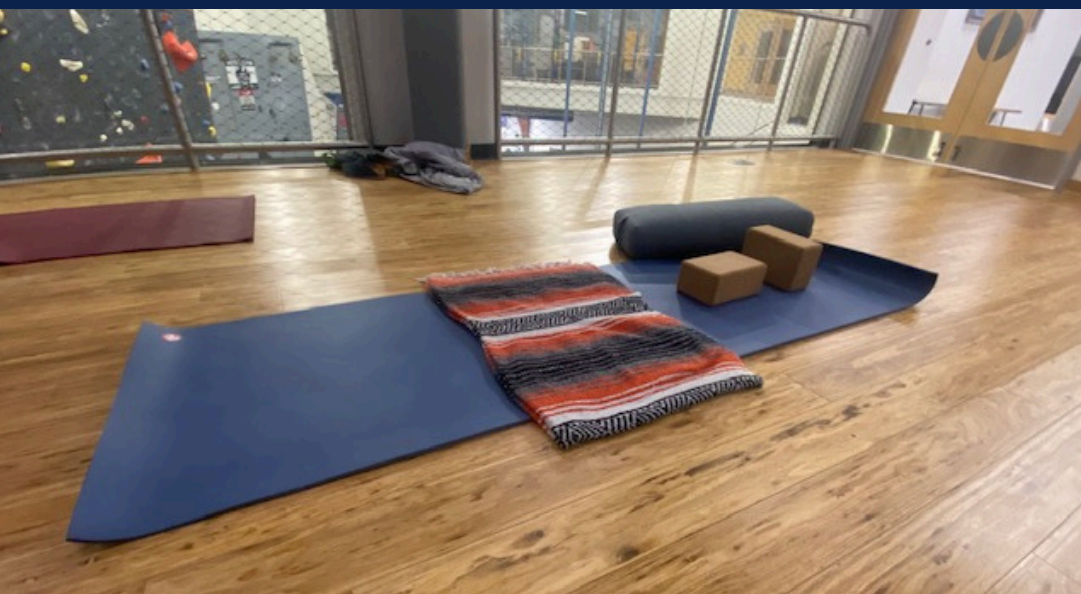




The Official Newsletter of EverybodyYoga.Net



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MAT TIME, A PHILOSOPHY FOR GROWTH

Mike Spencer

"Mat Time" is a philosophy I first learned from my high school wrestling coach, Dave Chavez. He drilled into us that success wasn't just about talent, it was about time spent on the mat. We didn't just wrestle there; we ran, stretched, conditioned and met as a team. Coach Chavez believed that the more time we invested on the mat, the more successful we'd be. And he was right. Our team won state 10 years on a row, and we produced countless individual champions. I was lucky enough to be a two-time state champion. But more than titles, wrestling shaped my character. I learned discipline, balance, mental toughness, teamwork, and confidence. Wrestling was both an individual and a team sport—just like my yoga practice today.

Now, "Mat Time" has taken on a new meaning. My yoga mat is where I turn inward, build strength, and find balance—not just physically, but mentally. It's where I push myself, reflect, and grow. Just like in wrestling, the more time I spend on the mat, the better I become. And just like back then, I'm part of something bigger, a Kula, a community. The purpose of "Mat Time" is to bring yogis together and promote the benefits of yoga to people who have yet to find it's joy. Yoga is for everyone. I know when I can't practice, I feel the absence of it. But when I'm on the mat, I'm right where I need to be.

Fun Day Friday Play List

Brand New Day—Sting
Bittersweet—Big Head Todd
Learning to Fly—Tom Petty
Straight On—Heart
Hysteria—Def Leppard
I Want to Break Free—Queen
Rag Doll—Aerosmith
Do You Believe In Love—Huey Lewis
Stone In Love—Journey
Scar Tissue—Red Hot Chili Peppers
Mystify—INXS
One—U2
When We Dance—Sting

<https://music.apple.com/us/playlist/fat-mens-yoga-club-1/pl.u-9N9LvLbsoY9JJg>

MEDITATION & INTENTION

A WANDERING MIND'S GUIDE TO YOGA AND MODIFYING

WHEN I FIRST STARTED YOGA, THE WHOLE "SET AN INTENTION" THING CONFUSED ME. WHY DID I NEED TO HAVE AN INTENTION FOR A PRACTICE. THEN WHEN I DID PICK SOMETHING MEANINGFUL LIKE PATIENCE, GRATITUDE, WORLD PEACE- IT WOULD LAST ABOUT 5 MINUTES INTO UNTIL MY BRAIN WOULD TAKE OFF LIKE A SQUIRREL ON AN ESPRESSO SHOT. SUDDENLY I WAS THINKING ABOUT WHAT'S FOR DINNER, AND WHY IS SANDWICH MEAT ROUND WHEN BREAD IS SQUARE? THEN BAM! I'D REALIZE I WAS SUPPOSED TO BE FOCUSING ON GRATITUDE.

AFTER YEARS OF THIS MENTAL GAME, I DECIDED TO JUST GO WITH IT. IF MY MIND KEEPS WANDERING TO A SPECIFIC THOUGHT, MAYBE THAT'S WHAT MY REAL INTENTION SHOULD BE FOR THE DAY. WHO AM I TO ARGUE WITH GENIUS?

SO NOW, INSTEAD OF FIGHTING THE DRIFT, I LET MY MIND GUIDE ME, SO IF ONE DAY MY THOUGHTS KEEP CIRCLING BACK TO TACOS, MAYBE IT'S TIME TO MEDITATE ON JOY (OR MEAL PLANNING). TRADITIONAL YOGA? MAYBE NOT, BUT

IN TRUE YOGA FASHION, IT'S MY PERSONAL MODIFICATION...I TEND TO MODIFY A LOT.



PRODUCT OF THE MONTH

Intention and Meditation Tokens

Intention and meditation tokens can be used on an individual basis or be offered by the instructor at the beginning of class to anyone who did not come to class with an intention in mind. There are two traditional sets available. The First set includes 36 meditation tokens in four categories of Purification & Cleansing, Contentment, Self Discipline, and Self Study/Reflection. The Second Set finishes with Devotion/Self-Surrender, Gratitude, Joy/Happiness, and Moderation.

As I have traveled and asked people why they practice yoga, many practice and love yoga because it brings them peace and non-judgement after living a hard life of addiction. There is also a special set based on the 12 steps of Alcoholics Anonymous.

Sets can also be customized with your own set of intentions, logo and artwork to be used in Special events such as, Sound Baths, Retreats, Workshops, Gifts, or just to sell at your own studio.

[Click here to order yours today.](#)



INTRO TO FAT MEN'S YOGA CLUB

Step into the most unexpected yoga club, Contrary to the name, this club is for everyone. Age, size, and gender don't matter! You don't have to be stereotypical young, lithe, flexible, cover girl model nor an old fat man (though both they're pretty great) join. Yoga is for everyone and we invite everyone who wants to be healthy and have some fun to join. Some of us may look like poised swans in our poses and some of us look more like a baby giraffes trying to find our footing. We're all here to improve. Let's enjoy the journey! Stay active, move, stretch, breathe, and listen to some great music (usually '80 rock, but you never know what you might get). Check out our videos @.



STUDIO HIGHLIGHT

Vertical View - Meridian Idaho

My first studio highlight, of course, has to be Vertical View, my home studio. While primarily known as an elite indoor climbing gym, Vertical View is so much more. It has hosted major regional and national climbing events but beyond the towering walls and bouldering routes, it offers an incredible space for movement, strength and balance—including yoga.

Tucked inside this dynamic gym are three beautiful yoga, dance and aerobic studios where some of the best yoga instructors in the Boise area lead a variety of classes. Whether you're looking for the deep stretch of yin, the balanced flow

of vinyasa, the challenge of warm flow, or the targeted movements of yoga for climbers, there's something for every yogi. What truly makes the yoga program special is the instructors. They bring not just expertise, but a passion for teaching that welcomes both beginner and experienced yogis alike. Their ability to adapt a class to every level, offering modification or deeper challenges, creates an environment where growth feels natural and accessible. No matter where you are in your yoga journey, I highly recommend rolling out your mat and experiencing it for yourself.