

**CITY OF FALCON HEIGHTS**  
Regular Meeting of the Parks & Recreation Commission  
City Hall  
2077 West Larpenteur Avenue

**AGENDA**  
October 4, 2021 at 6:30 P.M.

**NOTE: THIS MEETING WILL BE HELD BY WEB CONFERENCE\***

- A. CALL TO ORDER:
  
- B. ROLL CALL:  
Eischen\_\_\_ Bradbury\_\_\_ Carlson\_\_\_  
Yager\_\_\_ Curtin\_\_\_ LaCasse\_\_\_  
  
COUNCIL LIAISON:  
Andrews\_\_\_  
  
STAFF PRESENT:  
Thammavongsa\_\_\_
  
- C. PRESENTATION:
  
- D. APPROVAL OF MINUTES:  
1. Approval of June 7, 2021 Meeting Minutes (meeting was canceled)
  
- E. AGENDA:  
  
1. Fall discussion
  - a. Hiring of Warming House Attendants
  - b. Fall and Winter Programming
  
- F. INFORMATION/ANNOUNCEMENT
  - Hybrid Parks & Recreation Commission meeting
  - Fall Newsletter is available
  - Human Rights Day is on Monday, December 6
  
- G. ADJOURNMENT:

**\* To join the Webinar, go to <https://us02web.zoom.us/j/84313035290>, or dial +1 312-626-6799 or 1-877-853-5247 (Toll Free) and enter the Webinar ID: 843 1303 5290.**

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Regular Meeting of the Parks & Recreation Commission  
City Hall  
2077 West Larpenteur Avenue

**MINUTES**  
June 7, 2021 at 6:30 P.M.

A. CALL TO ORDER:

B. ROLL CALL:

Eischen\_\_X\_ Bradbury\_\_X\_ Carlson\_\_  
Yager\_X\_ Curtin\_\_X\_ LaCasse\_\_X\_

COUNCIL LIAISON:

Andrews\_\_X\_

STAFF LIAISON:

Thammavongsa\_\_X\_

C. PRESENTATION:

D. APPROVAL OF MINUTES:

1. Approval of May 3, 2021 minutes.

Yager 1<sup>st</sup> Motion  
LaCasse 2<sup>nd</sup> Motion  
Motion Passed

E. AGENDA:

1. Updates

- There were 30 kids that registered for the summer programming all together this year. Summer Discovery had the most participates of 10 and Messy Art had the lowest of 2 participates.
- The Community Park Building has been discussed by the City Council from the last City Council Meeting. The project is planning to go with WSB The City is hoping to pay for at least half of the project.

2. Summer Events

- The MN Twins Baseball Clinic is still on for Saturday, August 14<sup>th</sup> at 9:30am and 10:30am. Volunteers are still needed and flyer is advertised on the City's newsletter, social media (Facebook & Twitter), and the Ice Cream Social Event.

F. INFORMATION/ANNOUNCEMENT

G. ADJOURNMENT: 7:15PM

Yager 1<sup>st</sup> Motion  
LaCasse 2<sup>nd</sup> Motion  
Motion Passed

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Ryan Carlson, Chair

Dated this 2th day of August, 2021

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Vandara Thammavongsa, Co-Chair



## ITEM FOR DISCUSSION

<b>Meeting Date</b>	October 4, 2021
<b>Agenda Item</b>	E1
<b>Attachment</b>	See Below
<b>Submitted By</b>	Vandara Thammavongsa, Staff

<b>Item</b>	<ol style="list-style-type: none"> <li>1. Fall Discussion           <ol style="list-style-type: none"> <li>a. The City is currently hiring for Warming House Attendants for the months of December through February. We are looking at hiring around three people. The job posting is on the City's website, LMC, Facebook, Roseville High School, and GoldPass UofM.</li> <li>b. The classes that are being offered for Fall and Winter programming will be Tae Kwon Do and Yoga. Tae Kwon Do will have three classes running on Tuesday and Thursday evening and Yoga classes are on Monday and Friday evening.</li> </ol> </li> </ol>
<b>Description</b>	N/A
<b>Budget Impact</b>	N/A
<b>Attachment(s)</b>	Bio on Yoga instructor
<b>Action(s) Requested</b>	N/A



## No Music. No Mirrors. Just YOGA.

Shaila Cunningham is certified from Kripalu’s residential training program in Massachusetts (2001). She became interested in yoga while living in Asia where yoga is still practiced meditatively as a wellness technology—not just a “work out.” She has helped students both in group and private settings with conditions from CFS, “There is surely nothing other than the single purpose of the present moment.” —The Hagakure (Book of the Samurai) Parkinson’s, digestive disorders and weight loss. A former collegiate tennis player, she also works with tennis players and golfers to improve performance, and longevity. She continues her training in Santa Barbara and delivers eclectic instruction reflecting a 15-year global journey of yoga and meditation that started in a Kyoto rock garden and continues in Minnesota via Singapore, Massachusetts and California.

**AVAILABLE FOR YOUR NEXT GOLF/TENNIS  
FUNCTION OR CORPORATE EVENT**

### CLASS SCHEDULE for Falcon Heights

**MONDAY 4:30PM –5:45PM OR**

**FRIDAY 4:30PM-5:45PM**

**Classes are all-levels: participants should be able to move from seated to standing w/ ease.  
Location: City of Falcon Heights**

[www.falconheights.org](http://www.falconheights.org)

**Download a registration form today!**

**\$12.00 per class (resident)**

**\$22.00 per class (non-resident)**



**Shaila Cunningham**

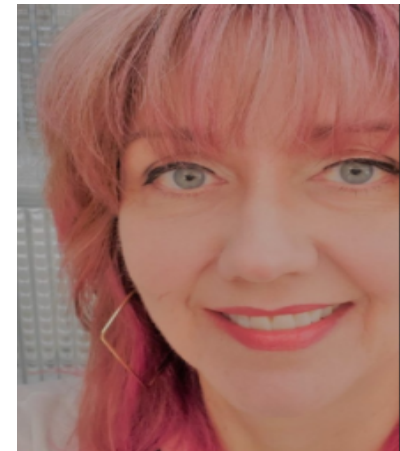
[shailayoga@gmail.com](mailto:shailayoga@gmail.com)

**TWITTER: YogaHotDish**

# YOGA

## 2000 Years of Wellness

**Shaila Cunningham  
Certified Instructor**



## No Music. No Mirrors. Just Yoga.

Reclaim your inherent health and well-being. Yoga is a wellness technology proven to help many medical conditions as well as improve your tennis or golf game!

**STRENGTH  
FLEXIBILITY  
BALANCE  
FOCUS**



**YOGAHotDish**  
smarter yoga for better living

## YOGA is your best investment in wellness and prevention...

Yoga, as practiced in the traditional meditative style, offers a holistic approach to total health and fitness. It's more than just another workout; rather, it's a wellness technology with 2000 years of results. Don't wait for your doctor to tell you to do yoga or for a friend to tell you that you need it. Yoga is the most cost-effective investment you can make in prevention and well being. The evidence is clear, so...

### What do you have to lose?

**Weight?** Overweight 45-54 yr-olds who did yoga lost weight over a 10-yr. period while non-yogis added a pound per year. (Fred Hutchinson Cancer Research Center)

**Memory?** Alzheimer's Research and Prevention Foundation recommends daily "yoga meditation" to improve cognitive function.

**Back Pain?** Yoga proved more effective than conventional exercises for relieving lower back pain (Group Health Center for Health Studies)

**Weak Immune System / Bad Mood?** Meditating subjects produced more antibodies to a flu vaccine AND showed more positive emotion on brain scans than non-meditators. **This is why you want a truly meditative style of yoga.**

Yoga can address these conditions and more because it works on all the body's systems. While the best time to start is before you have an issue, Shaila has 10 years of experience working with conditions like FM, CFS, cancer, MS, ADHD, sciatica, joint injuries, back pain, anxiety, digestive health and weight loss.

## WHAT YOU CAN EXPECT

- ◆ **A command of various breathing techniques for desired mental outcomes such as energizing, calming, and focusing. Yoga without such techniques is really calisthenics/group exercise.**
- ◆ **Improved flexibility that measurably improves your range of motion in hips, shoulders and spine by going beyond the superficial stretching common in the West.**
- ◆ **Improved tone in core muscles through better utilization in basic breathing as well as in various breathing exercises**



*Yoga is for all ages, abilities and body types.*

- ◆ **Improved tone in the subtle muscles of the back, shoulders arms and core. This style is upper body/core intensive, weight-bearing exercise.**
- ◆ **"Meditation in motion," a profound sense of relaxation and peace.**
- ◆ **A high degree of customization. Every student in every class is given several assists from a teacher trained to spot the uniqueness in individual body proportions, range-of-motion and physical conditioning.**

## Yoga for Golf and Tennis

### A better racquet, club or pro can only take you so far...

What are you doing to ensure longevity in your game and "undo" the stress an inherently lopsided game puts on your body? Over time, muscular and flexibility imbalances start to put pressure on the spine. The body then tries to compensate in the shoulders, hips and knees. As the spine becomes less flexible, your ability to generate power with your uncoiling motion diminishes. Yoga is the **perfect** workout for all sports relying on a strong and flexible spine, including golf, tennis, even baseball. Shaila can help you address these issues Day One.

**If you're NOT naturally flexible, yoga IS for you — in fact, you need it more than someone who is to avoid injury!**

More than traditional team sports, tennis and golf also have an "inner game" that can make or break performance. Many people know there is a connection between breathing and concentration, but they don't understand how to optimize it. A specialized yoga class taught by an instructor with competition experience puts ancient meditation techniques into a modern context you can use.

[shailayoga@gmail.com](mailto:shailayoga@gmail.com)