

San Mateo-Based Nandi Yoga Certified as a Green Business by the City of San Mateo & San Mateo County

New Business Helps Former Management Consultant & San Mateo Business Owner Find Harmony in Nature, Business and Life (San Mateo, Calif.)

San Mateo-based Nandi Yoga (www.nandiyoga.com) is officially certified as a Green Business by the City of San Mateo and San Mateo County under the award-winning Green Business Program establishing the studio as a leading advocate for green business within the United States' yoga community.

According to Vivian Ng, Green Business Coordinator for the City of San Mateo, "Nandi Yoga received some of the highest marks during its audits and has taken extraordinary steps to be one of the greenest businesses in the area." Among the green features are solar energy and hot water panels, skylights for maximizing natural light, primary usage of recycled or renewable building materials and state-of-the-art fixtures to conserve water and electricity. Furthermore, Nandi sources its props and retail products from green suppliers—with a focus on local businesses, cleans with earth-friendly products and encourages students to support their mission by offering discounts for students who walk, bike or take public transportation.

San Mateo County's rigorous Green Business Program certification includes independent audits by utilities: PG&E, South Bayside Waste Management Authority and CalWater, and city and state environmental agencies: City of San Mateo Department of Public Works and San Mateo County Environmental Health Department. The program's capstone is an audit from the San Mateo County Green Business Program. Overall, the audits assess the applicant's overall efforts to conserve water and energy, reduce or recycle waste and prevent pollution.

"It's only natural that a movement focused on consciousness brings light and leadership to environmental stewardship. Nandi Yoga sets a new standard for what's possible not only in yoga studios but in business in general," said David Lurey, a founding Board Member and current Advisory Council Member of the Green Yoga Association. Despite the current economic challenges, Nandi Yoga in San Mateo is staying true to its guiding principle *ahimsa*, a Sanskrit term meaning "do no harm," for the way it treats the community and the world.

Nandi Yoga opened its doors in August 2008, culminating a 15-year dream for founder and owner Wendy Klein. Educated at Wharton School of Business, Wendy spent 15 years as a management consultant before re-inventing her life four years ago to become a yoga teacher and green studio entrepreneur. In the 1970s, Wendy watched first-hand the birth of the modern day environmental movement when her father, also a small business owner, invented numerous scientific products and worked closely with the EPA to help measure air pollutants more precisely.

At Nandi Yoga, people of all ages and abilities practice yoga in an earth-friendly environment, supported by nurturing, experienced teachers and fellow practitioners. The studio offers a wide range of daily classes in diverse styles for adults, children and families.