



Case Study: Anasa Yoga Oakland, California

Yoga, health, community.

These company values are apparent upon a visit to Anasa Yoga. The business is also committed to improving the environment - a motivating factor in pursuing Green Business Certification. Jean Marie, LEED AP certified since 2004, designed the studio with students' health and well-being in mind and was excited to incorporate LEED concepts into the studio's construction.

Creating beautiful and energy-efficient lighting was one of Anasa Yoga's first challenges during construction due to the building's problematic ceiling structure. However, Anasa's lighting solution became the studio's most impactful sustainability measure. Forty of the 64 existing interior fluorescent lamps were removed and replaced with highly efficient, dimmable LED track lighting mounted on a dropped ceiling. Several fluorescent lamps with a natural daylight spectrum were left along the studio perimeter. These were outfitted with translucent acrylic covers, creating a skylight effect.

The most unique sustainability measures at the business are the reclaimed furnishings, including a church pew used as a bench, and clerestory windows that allow natural light to reach the studio interior. The owners are proud to have worked with local, and where possible, Green Business certified carpenters, vendors and suppliers such as Metro Lighting and EcoHome Improvement to create a green, healthy and beautiful space. Anasa also found many used furnishings at nearby Ohmega Salvage.

"In yoga we work with our breath, and we believe it is important to breathe healthy air. At Anasa Yoga, we were conscious about the materials and finishes used in the studio."

—Jean Marie Moore, Owner

Other sustainability measures and practices include:

- Studio floor made of rapidly renewable bamboo
- Zero VOC eggshell enamel paint
- Low-toxic cleaning supplies
- Kitchen counter top made with 75% recycled content
- Low flow toilets and faucets



Anasa Yoga owners and instructors
Katrina Lashea and Jean Marie Moore

THE RESULTS

In the past year, Anasa Yoga has saved:

- 3,396 kWh of energy,
- 9,523 gallons of water,
- 10,999 lbs of CO₂
- 11,690 lbs of waste diverted from landfills



Fluorescent lamps in the "skylight" at left mimic the natural daylight spectrum, while the clerestory window at right lets natural light from the reception area reach the studio.

Learn more about the Bay Area Green Business Program at www.greenbusinessca.org
Contact Alameda County Coordinator Pamela Evans at pamela.evans@acgov.org