



## REQUEST FOR PROPOSAL FOR CHAIR YOGA PROGRAMS

FALLBROOK REGIONAL HEALTH DISTRICT  
138 SOUTH BRANDON ROAD  
FALLBROOK CA 92028

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

The Fallbrook Regional Health District (herein referred to as the District) is soliciting proposals from individuals experienced in providing professional instruction in Yoga and Chair Yoga. The benefits of yoga are well documented, specifically as it relates to pain relief and better flexibility. Data suggests that more than 90% of Americans practice yoga for health and wellness. However, for some people with limited mobility and chronic conditions like arthritis or heart disease it may be difficult to practice traditional yoga. Modified chair yoga poses work many of the same muscles as traditional yoga postures, and practicing chair yoga can:

- Maintaining balance and flexibility is critical for health and well-being. It can reduce risk of injury and help individuals stay independent as they age.
- Improve muscle tone and strength.
- Boost your mood and mental well-being: some evidence supports mental health benefits like decreasing anxiety and increasing positive mood.
- Help manage chronic conditions: Research suggests seated yoga may help people manage chronic health conditions like Type 2 diabetes, hypertension, and obesity.
- Reduce chronic pain.

These services will be utilized at the Community Health and Wellness Center held at 1636 East Mission Road, Fallbrook, CA 92028. Classes will be held twice weekly for eight weeks for one year. The resulting Agreement shall cover services rendered in 2024, with an option for the District to extend for two additional years if the District determines it is in the best interest to do so.

### **Objective:**

The expected outcomes of this training for each of the chair yoga cohorts (six cohorts, with no more than 25 participants per cohort); will have flexibility measured during the first class and final class; (2) 60-minute weekly classes to instruct no more than 25 participants over the course of eight weeks. A “Cohort” is defined as a group of participants that will undergo the same curriculum for an eight-week period. Each cohort will have different participants, however repeat students may be accommodated based on the availability of class openings; as approved by FRHD. Cohorts will consist of participants in FRHD Lifestyle Change programs, community members who are referred to the program from their healthcare providers, and others with demonstrable need who can self-certify low-income levels suant to the California State Income Limits as put forward by the Department of Housing and Community Development.

Participants will learn proper breathing techniques; how to remove stress from the mind and body; how to meditate; how to relieve chronic stress patterns; and how to improve strength, balance and flexibility.

### **Services Requested:**

Provide instruction in certain disciplines (Chair Yoga and Floor Yoga).

Required Data Reporting (Process Data) - Pre and Post Test per participant.

The proposed curriculum must contain a pre-test and post-test component administered by the Instructor, with the results reported to the District. This pre/post test will be drafted in coordination with District staff prior to the launch of the program.

End of Cohort Report - The Instructor upon completion of each cohort, shall submit a listing of all enrolled yoga participants who have completed, or dropped (including the drop rate and reason, if known).

This report should include evaluation sheets, which is the student’s evaluation of the program, their experiences, and how it has affected their lives.

- An attendance sheet: The attendance sheet shall be signed by all in attendance. The attendance sheet shall be signed by the Instructor as to the accuracy and authenticity of the participants' presence and participation.
- The Instructor shall deliver the services in the following manner:
  - a. Deliver one (1) cohort per session (eight-week period).
  - b. Frequency will be twice a week.
  - c. Provide one (1) hour per class, with 15 minutes for class preparation.
  - d. Group size will be a minimum of eight (8) and a maximum of twenty-five (25) clients.

**Proposals shall include**

□ All yoga program services shall be provided by certified and experienced instructors as defined by yoga community standards. Instructors must provide documentation of Yoga teacher training which may include coursework in anatomy and physiology, instructional techniques, and yoga philosophy. Certifications should adhere to the guidelines set by the Yoga Alliance for 200- and 500-hour training programs. Specific experience in working with mobility challenged individuals and English/Spanish language skills are preferred.

□ The class fee requested by the instructor (based upon the assumption of each class lasting 60 minutes with a 15-minute preparation time included – 15 mins prep, 60 mins instruction).

□ The Instructor shall maintain and show proof of a liability insurance policy in the following coverages. Commercial General Liability \$1,000,000 per occurrence (occurrence form) \$2,000,000 aggregate

Insurance policy required by this contract shall contain the following clauses as applicable:

1. "The Fallbrook Regional Health District is added as an additional insured"
2. "It is agreed that any insurance maintained by the Fallbrook Regional Health District will apply in excess of, and not contribute with, insurance provided by this policy."
3. "The insurance will not be cancelled or materially changed without giving the Fallbrook Regional Health District at least 60 days prior written notice by registered mail."

The Instructor agrees to deposit with the Fallbrook Regional Health District, on or before the effective date of this contract, certificate(s) of insurance and insurance policy endorsements (for additionally insured, and the Instructor's insurance policy shall be primary and non-contributory to any insurance maintained by the Fallbrook Regional Health District) necessary to satisfy the District that the insurance provisions of this contract have been complied with and to keep such insurance in effect and the certificate(s) therefore on deposit with the District during the entire term of this contract. Upon request by the District, Instructor shall furnish a copy of the policy or policies.

**Limitations:**

This Request for Proposals (RFP) does not commit the District, to award a contract, to pay any costs incurred in the preparation of a proposal in response to this request, or to procure or contract services or supplies. The District reserves the right to accept or reject any or all proposals received pursuant to this request, to negotiate with all qualified sources, or to cancel in part or in its entirety this RFP if it is in the best interest of the District to do so. The District may require the Applicant selected to participate in negotiations and to submit any cost, technical, or other revisions of their proposal, as a result of any such negotiations. Applicants' protest rights are limited to violations of federal, State, or local laws and regulations.

It is the sole responsibility of the prospective instructors to familiarize themselves with the District's current programs and facilities, and any other information which is necessary and relevant to the scope of this RFP. Upon sufficient and reasonable advance notice to the contact person named below, arrangements may be made to visit and inspect any involved District facilities. Any and all costs borne by the prospective proposer in familiarizing themselves with the above are to be borne solely by the prospective proposer. The District will not allow any claims for payment which include billable time for such. familiarization costs, regardless of whether they were incurred prior to or following the submission of the proposal.

Proposers will not be reimbursed or otherwise compensated for costs associated in responding to this request for proposals. Kindly submit the response no later than Monday, January 29, 2024 at 4:00 p.m. to the attention of the CEO at the address listed below.

Fallbrook Regional Health District  
Attention Rachel Mason, CEO  
138 S. Brandon Rd.  
Fallbrook, CA 92028

Applications will be presented to the Board of Directors who will review and a potential vote on the approval of an applicant at a public meeting on February 14, 2024 at 6:00 p.m.

Questions regarding this RFP should be emailed to [rmason@fallbrookhealth.org](mailto:rmason@fallbrookhealth.org).