

Caroline Zaelke 0:00

Okay, awesome. So I'm Carolyn Zaelke. I'm a junior at Wake Forest. And I'm doing this interview from my home in Los Angeles, California. And if you could just say your name, where you're doing this interview and your date of birth just for archiving purposes, if that's all right,

Angela Gallagher 0:16

I am Angela Gallagher. I am in Winston Salem, North Carolina. Just a couple of miles down the road from Wake Forest. I'm in Ardmoo, and I was born April 4 1967.

Caroline Zaelke 0:33

Awesome.

The date of this interview is July 14 2020. And we will be discussing COVID-19 impact on local businesses in Winston Salem. So just to start off the questions, walk me through what it was like when you first heard about COVID your thoughts about your business your concerns everything?

Unknown Speaker 0:55

Well, I've I only have a studio called nor am I allowed to say what it's

Caroline Zaelke 0:59

Yeah, of course,

Unknown Speaker 1:01

North Joy yoga. And I've been doing yoga since 1986. I've been doing yoga for 34 years, teaching for about 24 years, but teaching here in Winston Salem, with our local hospital Forsyth Medical Center, which is an avant health for 20 years. And so I've always been very entwined with the hospital. And about five years ago, I've been my own yoga studio just across the street, just so I can have more because they always gave me a room and advertising but I want to be able to offer more I do. I do very specific classes. I work with pregnancy. I do pregnancy, yoga, baby yoga, yoga for cancer patients. And you know, the VA now has an integrative medicine department. So for 18 years I've been doing these classes. This is a great hospital. They said Yes, let's do them and add in and I actually just completed a research project that got I was a primary investigator that got published

Caroline Zaelke 1:57

oh congratulations

Unknown Speaker 1:59

Now I'm on inpatient yoga So hi, we have a high risk maternity unit so I go room to room and do yoga with this oftentimes covid with pregnant mom so we have a high risk maternity so someone are laying in bed pregnant sometimes up to three months ago, relaxing baby ization movement if they start getting shoulder pain or sciatica, this is what you can do in the bed. I made it into a program did a research project on it, and it showed that women who did yoga with me were almost 50% less likely to develop anxiety and depression than those who did. So it's a great hospital, very entwined with this hospital. And so about five years ago, I wanted more I do baby yoga. And now Integrative Medicine has come to Novant. They scooped me up, yay, scooped up my programs. I now have a department Caroline. I have a badge. Longer, God directed. And I took the bedrest yoga program and put it up on ecology for stem cell transplants. So I was also two days a week and harvest maternity two days. A week upon oncology plus my classes I teach 12 or 13 classes a week at my yoga studio, plus one on ones, and I do one on one with cancer patients and people in pain through integrative medicine. I'm kind of busy with yoga.

Caroline Zaelke 3:14

Yeah, sounds like a lot of

Unknown Speaker 3:17

it. I actually started online classes before state made me before the government, the other schools because cancer

patients babies pregnancy, I was able to stay on the highest maternity ward unit, they'll say Ward the more unit until March 31. And then anyone who was not essential had to go. I had to stop oncology in patient probably coming in into the first week of March, which is why I also went online. So nearly everything that I do just came to a halt because it was I do do traditional yoga classes, but it's those very specialized.

Caroline Zaelke 3:58

Exactly. You're working with more high risk People I'm sure

you we're concerned.

We're working with those high risk people like women, pregnant women and cancer patients. Did you have any, like specific thoughts about working with people like that and working with the hospital?

Unknown Speaker 4:10

You mean with COVID? Or

Caroline Zaelke 4:13

COVID? Yeah. Like, I'll just hit like, you mentioned that you started online classes earlier to be safer and stuff.

Unknown Speaker 4:20

So I wasn't doing zoom. Oh, I, I know it sounds awful when you've been doing yoga since the 80s. And that's what I've done. You really have no computer skills. So when I was in high school, it was an electric typer. I never grew up with computers. And so I'm just kind of getting very good. And so I'm like, I'm not doing anything. So I I'm not very good at social media either, but I do. I don't really think personally on social media, but I do have a Facebook page for valor and ritual yoga. And so I I post my classes and picture

Caroline Zaelke 4:55

Yeah, I saw that Facebook page and that you're building like Facebook, live sessions and stuff.

Unknown Speaker 4:59

So I just did live. So then what happens is pretty much, everyone's pretty honest. And they'll type in here for yoga. When I see their name, I'll punch the card. Now I can't see what people are doing. That's the problem. But because it's not like this with zoom, but what I found was zoom, like the chair yoga class or cancer patient is on Facebook Live, but it's also through the hospitals in some answer sets that up, and I just click on it. And what you have to mute it, because you can't have that many people in a room. You cant ever

Caroline Zaelke 5:32

Yeah,

Unknown Speaker 5:32

and I can't really I wouldn't really be getting feedback anyway. Mm hmm. You know, I mean, or I'm sorry.

Unknown Speaker 5:40

As like a yoga instructor. I'm sure it's really hard to like not be able to make that contact with people has it was that like a difficult transition?

Unknown Speaker 5:47

It's very hard to sit in front of an iPad and talk to yourself and the other. And, boy, you think its fake like you really have no idea what you look like. You don't really sitting there going, Oh, my seat awful thing. But I teach very specialized classes. So for my practice, I'm also a birth educator and princey yoga instructor. And I'm also a postural alignment therapist as well as traditional yoga. So I don't do I teach the whole lifestyle of yoga. I mean, I trained in India, it's very what I teach is what you would get at the ashram in India. So it's very, it's not most Yoga is the poses used as an exercise. So I mean, we're strong. I mean, traditionally are the strong, but you can also be very light but we're doing all the the specific breathing exercises and the positive faith and meditation. We talked about proper diet and read along

relaxation. So it's a whole lifestyle on it, but also in the postural alignment and with all the other things is that and being a birth educator, is my pregnancy. Yoga is very specific. It's not just gentle yoga. It's specific. So people say I have a pain right here and I'm like, do this every Flex do this, I have I mean, all these different things that can come with pregnancy, and you're waking up or that cramps at night do this. So it's very specialized. So I never ever teach the same thing twice, ever. Because everyone's different who comes into the room each class is different. So what I do is I asked my classes, how are you feeling? in pregnancy if we visualize the baby, and they'll say, I have this and I plan my class, but what people tell me and so I don't really get that because I can't tell people do they'll text me I'm having sciatica. So that for the class that I'll put in what you do for sciatica, Okay, got it. I'm kind of getting, but once class starts, I can't read those. Doing this. So just whatever I see in the beginning of class, and then I swipe comments away. So it's not as I don't get to be as specialized as I used to be. Mm hmm.

Unknown Speaker 7:51

Yeah. Yeah, right. Yeah. But it sounds like you've made some great like transitions for COVID having those like Facebook Lives. classes I know I've hopped onto a couple of yoga like online yoga classes and philosophies classes, being home it's nice to kind of still have that like community sense even though he was an instructor probably don't feel that but from the student side

Unknown Speaker 8:12

Oh definitely can be I mean, I consider the PMI yoga classes, friends and we I mean, it's very close. Yes. And I I miss people. One thing I did learn though that the baby Oh classes completely bombed online. No one has shown up for video has tuned in for baby yoga in the last how many months has it been now? March, maybe 16th April 16. You have in four months. And what I learned is when people would come to baby yoga, it was an outing you planned. And what happens directly after our baby Oh class where we're singing songs and doing poses and work. Work out. It's like a kettlebell I do all that and we do a baby massage at the end of the moms like back home pillows and massage. And then the hospital since have our lactation specialists and mommy baby nurse at the end of baby yoga and they do what's called baby cafe. And every mom is welcome and don't matter where you have your baby. This hospital just once every mom supported and women didn't float in this to 1130 to 130 rooms. session were like 30 or more mothers will float in have their baby wave for free answer questions. I give you snacks, what's called the cafe. I kind of leave and then they lock the room up to the hospital since I'm in the room for that. And so it was an outing moms are coming to discuss breastfeeding teething baby not sleeping, be with all these other moms have because it's a big deal. I'm assuming you don't have children.

Unknown Speaker 9:51

No, but my sister actually just had a baby. He's turning on one next month. Well, did you notice in the first year

Unknown Speaker 9:57

she was obsessed with how much he weighed? Oh yeah. Still, if you have no idea how obsessed you'll be, and then you have to go to the doctor to get, well this thing could come every week there was there's three sessions a week of this cafe and have the baby weight and not make a doctor appointment not be charged for it. And so it's a free support group called baby. So moms, that was an outing, they planned it, they got ready. And they came when you're home with a baby 10 mccluster 1030 1030 comes and goes, Yeah, yeah, you're just it's not an outing. So so really was never planned. And it's like, it's it's hard to understand until you have a baby how your day just goes when you're home.

Unknown Speaker 10:36

Yeah, I know. I had to babysit my nephew and I could definitely understand how you kind of get sucked into the baby life taking care of him that you would miss just a zoom call instead of like a plan going out event.

Unknown Speaker 10:47

Yeah, yeah, I'd go have lunch with their partner or their you know, who's a day out or they go to Target afterwards or, you know, yeah, Yoga has just bombed, bombed and pregnancy yoga was doing Great, but 14 babies were born. God. Probably like 17 babies were born from March to the third week of May for my classes. Wow. And then once all those babies were born, no one else, even though I'm putting it on Facebook, people don't know that I'm here. So no one new has joined and I've seen some obeys up on the floor, and they're like, what are you doing? I'm looking online. And they're like, well bring us information, and we'll get out your online. So I've worked with OBS closely. But I kept

thinking I was going to open. I thought I was going to open my first then I thought I was going to open maintain, and then I thought was going to be June 1, definitely. Then I thought was going to have been second week of June. And then I was sure I was going to July 1. And now it's I'm waiting to see what happens on Friday. The governor here is going to say will they open gyms and yoga rooms and things again, and it's nothing like maybe no. So what so just want my small businesses now doing is if he says no, we're extending phase two. I'm going to stop online pregnancy baby yoga. Just because I'm just going there and sitting and waiting for someone to come up, you know, but traditional yoga, this is a great thing. And traditional Yoga has a lot to turn out doing great. But people who've been my classes moved away or tuning in. So I people tuned in from the UK, from Brazil, from New Jersey, and Maine in Colorado. So I'm seeing those names of people. And you can buy passes online. So traditional yoga store great, great, but that's a big thing. So I might and I have not not taught for 22 years. So that's kind of a big thing. I'm not going to be teaching pregnancy or baby yoga. So that's the first two decades. Well, I won't teach it until Yeah, until we can open back up.

Caroline Zaelke 12:50

So that's hard. Yeah.

So you've discussed Facebook Live and that transition between the baby Okay, isn't really working. out but traditional Yoga is working out. Were there any other measures you've had to take like as a Fitness Studio, especially

with like covid and stuff that was either regulations from the government or that you've done on your own, that you think have benefited your business.

Unknown Speaker 13:14

Because I'm so connected with the hospital, I've always I have an eye with the cancer patients, because those classes used to be in the hospital, and they let me move them to this room, outside hospital. So I've always use the hospital cleaners and hospital wipes and I had, so I kind of had all that going anyway, because you know, with cancer patients, we careful with C diff and in lots of different things. So that was never a problem. And my room is small and I'm not doing hot yoga, there's not flying sweat anywhere. There's not there's none of that. And so all that's in place. It has been now I have been allowed to go back to inpatient high risk maternity yoga. I bet that I have to wear I'm six feet away. Can't get more than six feet. I'm wearing goggles and I have to wear a mask in front of Patients even though they're in the bathroom in the chair, then I'm allowed to go back to the one on ones and integrative medicine, do a lot of those zoom in short that was a good thing is that our integrative medicine is really started in Presbyterian and Charlotte and Yvonne. And they and the doctor started here. And we were actually getting our whole new center starting in two months, and it's all really grown and been wonderful. And then they're hiring to integrating as an MD for here. But it's suddenly clicked. Oh, we can get Angela to do one on one with Charlotte patients by zoom. So that actually opened a whole new

Caroline Zaelke 14:38

Yeah, like a panel of Charlotte.

Unknown Speaker 14:40

Yeah, Charlotte, something. I'm kind of busy and one on ones now who's sitting in here, but I'm not allowed to have no deal allowed to go back up to oncology. Yeah, it's really only essential people out there. So I'm still not back on the ecology on the floor. But in a little yoga room they have for instance, I've medicine, but we did that. Anyway, I share it with a massage therapist. We alternate who's in there. And we've had always wipe things down with a hospital. Yeah, yes. I'm kind of doing that anyway. Yeah. And, yeah,

Caroline Zaelke 15:12

that's nice that you've kind of had that hospital experience. Don't make all of this too strange because I know, gyms are kind of freaking out about, oh, we have to wipe everything down now and you've got an experience. That's nice.

Unknown Speaker 15:24

But you know, when I thought we were opening back up, June 1, because you know, at this point in the May we people still couldn't get toilet paper. I mean, he was crazy. You could get Matt like now stuff everywhere. But you didn't. And I thought, okay, the net everything's gearing up and back up. I thought the state was let me back up. And I thought, okay,

we're going to run out of out of masking tape, because it's gonna be taping off spaces. Yeah. And I would have felt like a bunch, like a bunch of masking tape. This just sitting there because I hadn't had to tape anything off. I was gonna have to space people, my rooms not quite 1000 square feet. So but I could easily get 10 people in their space. Yeah. That's, that's fine.

Caroline Zaelke 16:11

Yeah, it's tough. I know like as California we opened up and now officially as of today, everything is shut back down again because of the high cases.

Angela Gallagher 16:19

Is

that what happened? Is it okay? Guys don't care. Don't be shocked. I don't have a television. I don't have cable. And I have not watched the news since 1997 which is why I'm quite a happy human being. But I do pay attention enough to know what's going on. Oh, to vote for. I know. I you know. Yeah. I know. No, I'm not burden physically sick.

Caroline Zaelke 16:43

Yeah, I think because my mom has constantly had on the news and personally it's stressful to like constantly make all these changes. And

Angela Gallagher 16:52

in even without this, all these things in the world right now that are upsetting even without them It is a hit. And it's always a hit of the the worst of the world, which is not the majority of the world. If that's what you saw, that's all you think it is.

Caroline Zaelke 17:10

Yeah, yeah.

Angela Gallagher 17:15

It's not and the whole world isn't sick and the whole world isn't going to hell in a handbasket. So if you do appreciate more,

Caroline Zaelke 17:24

yeah,

Angela Gallagher 17:25

if you don't have the television, I mean, most people in traditional yoga, we don't I don't play music in my class. Never. Never. We don't. Because you have something going all the time pulling you away. There's TV in the background radio here, and it's constant. My daughter's in college and she is constantly watching something. Yeah. Yeah. And so it's so quiet. She's gone to college. It's great. She's so quiet. And because I'm single, and she's so quiet, but then when she comes home, I'm like, I can't hear this in the background. And then if I ever go over to my sister Have something that's like most people, they have shows that they watch. When you haven't watched TV for years and years, you cannot believe advertising. Yeah.

Caroline Zaelke 18:09

Wow, I can't imagine that.

Angela Gallagher 18:11

It's and then you really realize how loud and agitating The world is over stimulating.

Yeah. So that's why I'm like what happened in California?

That I, you know, I look to see okay, what's happening? Yeah, you know, so so y'all have what closed up in California. And,

Caroline Zaelke 18:32

yeah, we had restaurants start to open up a few of them. We have like a couple salons opened up. It was very slow. But we have all of our beaches open, which has caused an insane surge in cases we have. I think one every 28 people have it in at least Los Angeles. So yeah, it's everything's officially completely closed. So no restaurants

Angela Gallagher 18:53
March.

Caroline Zaelke 18:55
Like just like back in March. Yeah.

Angela Gallagher 18:58
Yeah, that happened today.

Caroline Zaelke 19:00
That happened today. Yeah, like my friends were out at restaurants two days ago. And now luckily I got my nails done last week. And

Angela Gallagher 19:07
oh my gosh, I had no idea.

Caroline Zaelke 19:09
Yeah, and all fitness studios like I'm gonna pull out a studio I'm really close with and they haven't been they haven't even had a chance to open up yet or start to get close to opening up. Just keeps relaxing.

Angela Gallagher 19:20
Wow. Because I knew a good a very good friend of mine is the director of epidemiology at UNC Chapel Hill here. And he's all over all over the country all over the world with everything ology he's multiple published and he's just a real expert on and he and I actually sent him something about what my research paper because he's been published million times, and he emailed back. Oh, funding it back to you. It seems we're going backwards. I kind of knew who he was. And this was back in maybe the beginning of this may be into June. And I thought we're going backwards. And so I thought it was Our state he said our state and some around us yeah, so Bernie opened up didn't George open up in April? Yeah, not really early. So back now I just we all are waiting to see what happened in Georgia I thought yeah,

Caroline Zaelke 20:13
I know like Florida Georgia Texas my friends that live there I've been going out to bars and stuff. Um, so that's as far as I know, but like Like you said, I've been trying not to watch the news because frankly, it's really hard to hear so much say like,

Angela Gallagher 20:26
I didn't know that just today also happens Friday. I went to the My daughter's at UNC Wilmington. And it may when they open the beaches I went to visit her we should give I don't know if you think since you do go to their beaches since you've been at Wake Forest I've been. I don't think I've been to the one in Wilmington yet. A woman is great. And there if you do go go to little oak or coke. Get off of there. It's only like 21 miles. There's only 300 locals that live there. And they have their own dialect. I mean, it's its own little And whilst I mean, it's, if you really just want to just go and be, because Am I done I go, Okay, so we've worked, we can really go this year, which is very sad. We've gone for years and years since she was tiny. So I just went to stay with her at Wilmington, and then open the beaches. So we went out on the beach and if you looked from like, at the beaches for like a hotel room view, it looks scary. It was like there was no beaches, just people and umbrellas. But when you actually stepped out on it, you weren't near anyone. I mean, everyone had like their own little pod, and then there was multiple space around so I was kind of hoping all the beaches settled in where you are, they're just people.

Caroline Zaelke 21:40

I think people just aren't being too smart where I live like a lot of parties and stuff like that just because it's like a it's younger people just not really taking this too seriously. But in beaches like that, where you're like a good ways away from people that totally makes sense. Like

Angela Gallagher 21:58

you carry my aerial view of the cram but when you're actually there you're like oh that person is way over here. Yeah, the normal when you come back you go to some beaches

Caroline Zaelke 22:09

that sounds like a nice little break from school to head over to the beaches and Wellington

Angela Gallagher 22:13

was so climbing you know mountains two hours away beaches three hours away so you're really

Caroline Zaelke 22:18

North Carolina is the perfect mix of everything

Angela Gallagher 22:21

nice little places and that Winston like you don't even know we have this colleges does not like going to Chapel Hill Raleigh but you know, there's college or Wilmington, or Winston like if you will, you won't even know we have colleges, which always amazes me but Winston has like these really neat little pockets of things but nothing kind of connects up and we're

Caroline Zaelke 22:45

its a very eclectic City. But yeah, I love that.

So just going back we kind of got sidetracked but those I

didn't talk to you I love it.

So you mentioned that you have all these really great things starting up with The new like department right you guys? So how has COVID and all this going on kind of impacted that has it kind of slowed it down as it? Yes.

Angela Gallagher 23:14

Yes yes Because have we been looking for our own space we did get our own space so did not slow that down. And we're in the cancer center now, but we wanted bigger space here in Winston. Also not being able to see patients and for that, you know, March April into May, not being able to actually do one on ones or have a way of massage and acupuncture, all these different things. couldn't do that. But also, I was at right as this one went into this. I had been talking to the director, who's wonderful Dr. Greenfield. And saying I will come to Charlotte. They don't have to have a yoga teacher in Charlotte for what I did. And I said I'll come to Charlotte, do this until you get them So I was kind of trying to leave in there to get up to work in a different hospital. I mean, it's don't move on, when I would love to. I'd be I would love to try to show up once a week. So it's kind of like, and to get the same inpatient that we're doing here. It's precise to Charlotte. Yeah. So I was kind of dropping that in, and then it just boom to everything just. Yeah. So that's I don't know what's going on with that. So we were really expanding quickly and had to but but they did give us our own center down in the park. So this was a great dream of mine, as I always dreamed of having a really nice yoga, like a wellness space through the hospital, where the rooms I was in before I got my own yoga center. They were rooms that were being used for other things. So sometimes environmental sources have to move tables out, you know. So now they've gotten A room in integrative medicine definitely pray for the cancer classes. I don't know if I'll be able to move the other things over because we haven't integrated medicine hasn't gone into women's wellness yet. We're in oncology right now. But we hired me two years ago, he said, Our next step is women's wellness. So eventually, because all these classes are for the hospital, but I looked at the room last week, and I'm like, if I have to space people, yeah, I can't in these classes here. Because this room

This room is too. It's too small.

too small, but people are going to be 16 part.

Caroline Zaelke 25:34

Exactly. We could have never planned that you're gonna have to be at least six feet apart from people that you've never had to distance from and yeah,

Angela Gallagher 25:40

I mean, so I don't so I was really excited about oh my gosh, is finally a great room in a wellness center through the hospital. Because my space I pay I pay for it. Oh how great if I had a beautiful space Almost came true. But now it's I with the spacing, I don't know. Exactly. More. And also another thing is I'm going to continue online, on Facebook Live even once we are able to open back up. Yeah. For the people who are out of state or country. And also

just to do because people are gonna be worried about coming, they're not gonna want to come back. Yeah, it's our people who are still gonna be nervous about it. And so that's a new thing too. So I'm just gonna stay online.

Caroline Zaelke 26:33

Yeah, along with, like, keep that kind of channel open. And, like you said, working with high risk patients like I'm sure like my friend just finished all his cancer treatment. And he's like, I can't do anything like I don't want to do anything just to be careful.

Angela Gallagher 26:46

And so know him. He can go on Facebook Live and

Caroline Zaelke 26:51

I'm definitely number two. He loves yoga. So I think he would love

Angela Gallagher 26:55

actually too, and I just typed in here for yoga. It's a free class every Wednesday. You can get my face That page, I'm actually just putting free chair yoga I kind of stopped putting yoga for cancer patients sponsored by nirvan health because people wanted to be able to move from sitting at home. And if they saw cancer patients, I thought they weren't welcome. But I am very specific for cancer patients.

Caroline Zaelke 27:16

Yeah, no, that sounds great. I'm definitely an adventure to him, because I think he would love that. And I think now in a time where it's so stressful, you just, you're in this stressful part of your life. And then this is just a new element just added on top. It must be awful. Yeah. So moving forward. He said, you're going to keep the Facebook Live? Is there anything else you're going to implement? Like, once they do allow you to reopen? Is there anything else you're going to implement as kind of like a regular routine, all the new normal some people have been saying,

Angela Gallagher 27:41

this I, you know, I really

am concerned about is I as I said, traditional? Yes, sorry my phone, didn't touch on traditional yoga.

So I do all the pranayama. There's a traditional pranayama in yoga and what you'll find is most people go to yoga I don't even know there's specific breathing exercises. We're not just talking about breathing correctly or breathing deeply. There's specific things you do and you hold your breath and you do different you know, and I teach this, I teach them every class. And I'm like, how are we gonna do this for the mass? Yeah, chemical industry? How are we gonna do Capella? Bhakti? How we gonna do this? Yeah, anything's with a mass because you can't do that. Even if, you know, even in your mass. So I'm looking I'm trying to find motors or energy cells in the body, I do a lot of those things to to build that energy, which is what the product is, which is very important part of yoga. With a mask on so how can I keep that energy prana Yama without doing the actual proteomics that require all this stuff. And so that's something I got to think about. Am I going to change and that's a whole big section of my class. That's a lot of people don't realize that

That's if you're not doing pranayama you're not really doing yoga. And that's what the old texts say. Yeah. texts also say, if you're not holding your breath and retaining, you're not doing pranayama. So, so I teach all of that. So that's not I don't know. Other schools that don't do I mean, I have mediocre teachers all the time. I promise you do. Um,

Caroline Zaelke 29:23

yeah, I know. I did yoga when I was at school, and I've never even heard of that, but it's.

Angela Gallagher 29:29

Yep.

And so that's something it's important part of energies. Yeah. Yeah. Yoga. Yeah,

Caroline Zaelke 29:37

yeah. You'll get something really difficult to kind of like transition into COVID world. I guess because of that.

Angela Gallagher 29:44

Well, hopefully, it will give people a sense of how to because Yoga is a lifestyle. It's something else I teach people think it's a workout what's not, you know, cuz anaerobic, it's not aerobic. So a lot of yoga classes. Are people using yoga poses as a workout. And I try to be for everything against nothing. So if you genuinely feel great, I'm all for it. But know that there's a whole bunch of other stuff that make this Yogi that makes a yoga and the yoga lifestyle all day long, is not going to do a class once or twice a week on the Yogi's. It's how you eat, it's how you act. It's how you breathe, it's your practice. And yoga should be practiced every day. You should have your own practice, even if it's just five or 10 minutes, you know, and people don't get that so hopefully maybe they realize, Oh, they slow down enough to think I'm gonna do a little this for myself. I'm gonna have a practice for myself. You know Voltaire. Voltaire, from the

Caroline Zaelke 30:45

Yeah, like poet or writer. You say

Angela Gallagher 30:49

regiment is superior to mess. You gotta have a regimen you have something for your health. So I put her in pink are slowing down enough to be like, what can I do? That's my thing every day for my health and I think Yoga is a good something that people are looking at.

Caroline Zaelke 31:04

Yeah. And it sounds great, like in a time like I personally have found this time of like isolation, a time to be like very mindful about myself and what can I change? How can I make myself happier? And that sounds like a great way to kind of project that change in

Angela Gallagher 31:18

another part of yoga is positive thinking, meditate. People don't realize that all this mind was always positive thing. It's actually a practice in yoga called petit paksha Bhavana. Focus on the opposite with love. So you're always turning your attention to something that feels good. Positive when you if you're watching TV every day, that's hard. That's why I tell you my apps like harder to practice, but it's an all day practice just like you're saying. So I think people are becoming mindful and being mindful you start to guide your thoughts to things that feel better. That's yoga. Okay. So hopefully people are getting a sense of, of why Yoga is important why the show get to is important. Yeah, yeah. Anyone?

Caroline Zaelke 32:03

Do you think like this? I forgot what you said it was called but there's like positive thinking and thinking with love has that changed or like feelings and your perspective of COVID and everything? Has it like alright, you said you don't watch TV so you're probably not bombarded by there's like negative and daily cases and daily debts and everything like that. I'm getting it's made you kind of just a happier person during this compared to like the average person. Yeah,

Angela Gallagher 32:31

yes. I mean, always I really Yogi's your cup is how full your tension is. And the whole thing of you there's eight steps to

enlightenment the Eightfold Path, and Step five, of an eight step 678. Step six, is concentration. So we're going to concentrate for you can learn to meditate and then from meditation, you go to higher self. So you have to people get really weird about meditation. Yeah, it asked me to empty my mind. And then when she'd quiet your mind, from a quiet mind from a place of centered, you can start to guide your thoughts and it's something you do all day long. So you really can. And you notice when you're not thinking things that don't serve your scare you because you start to feel sick. And when you're you'll be really tuned. Most people live from here up, and they don't pay attention here down until they have to. And that's why yoga so good in pregnancy because it makes you go down here. You'd be surprised how many people show up at the hospital have a baby and that not anything? Yeah, thought about I mean, they they haven't done anything to prepare for.

Caroline Zaelke 33:40
Yeah, I know. My sister was.

Angela Gallagher 33:43
Yeah, I mean, it's, they'll hear up and then suddenly they have this going on from here down and they don't know what to do. Yeah. And so yes, why yogas good for pregnancy, put you in a place of so. Do you have fleet feet in California and you probably saw it here. The jogging Running.

Caroline Zaelke 34:00
Oh yeah, like we've jogging,

Angela Gallagher 34:04
you know, you know the chain called fleet feet they have on here once and say, Oh, I

Caroline Zaelke 34:09
im not a big joggers.

Angela Gallagher 34:11
No I'm not I'm never anywhere but that you cannot believe how many people sign up to learn to do they want to do a five k in six months.

Caroline Zaelke 34:21
Yeah.

Angela Gallagher 34:22
So they'll do six months of training. What does if I get three miles? Three miles? So I mean tell me I don't know but I can go three miles and you can you can walk if you want to three miles thanks like yes.

But they'll spend six months preparing for that. They'll go to labor and they won't do anything.

Caroline Zaelke 34:42
That's crazy.

Angela Gallagher 34:44
They're gonna have a whole nother human. They're gonna do the biggest thing any human can do is have another human make another human and you don't do anything for it.

you're prepared to go three miles. Like it's healthy fleet straight is fleet feet. Trade fleet fleet is packed with like, so. So it's anytime. So anytime you're really doing yoga, your mind and

Caroline Zaelke 35:12
so Yeah, absolutely. Yoga would help you through covid

Yeah, no, I, I definitely get that like even now I'm like I want to do yoga I want to that sounds like a great just boost. I've even started doing like I start my day doing like a little mindful breathing just just just to kind of wash away everything else that's been too much. But that's

Angela Gallagher 35:32

just your whole day. Now do you notice when you don't do that you're doing doesn't flow as well.

Caroline Zaelke 35:37

I'm just gonna I'm way more tired when I don't do it by like doing that right when I wake up it kind of like wakes me up for the day. And I love it. I do

Angela Gallagher 35:45

Pacific breathing. You're just inhaling deeply exhale and slowly.

Caroline Zaelke 35:48

I don't really know what it's called. It's just a YouTube channel that I like. I feel like YouTube right now would like especially like small businesses. I've been following a lot of fitness studios I used to partner or not partner with but like, go to on YouTube. I've been able to do those classes just by watching them on my free time and doing that, which has been really nice. But

Angela Gallagher 36:08

I don't use that stuff

Caroline Zaelke 36:09

ya like a whole new

just kind of like flipping This is definitely like a different channel if you don't feel comfortable talking about it, I totally understand. But, um, government wise, how do you feel the government has? It's like efforts just for local businesses, especially like fitness studios and stuff like that. Have you found their efforts effective like as a PPP and loans and stuff like that?

Angela Gallagher 36:31

I'll tell you, I did not vote for Trump. I don't believe in Trump. I can't believe I'm embarrassed that he's our president. I'm gonna tell you that right now. But I appreciate the PPP long pay my rent right now and I don't have to pay it back. And I appreciate the ideal loan. I'm not sure I think if I if it's a grant or not, we're not sure yet.

Caroline Zaelke 36:56

Forgiveness later or something like that.

Angela Gallagher 36:58

Yeah. Yeah, man. Do we don't know what that PPP looks like it will be if you can show that you're using it for your business, which I am. And so I appreciate that. That took a lot of stress off of me. Because I mean, I lost many different avenues of income. Yeah, different departments and in the hospital like different things I do, they're not all suit, like the bed rest yoga for pregnancy. I've been doing that for 11 years. So that's paid for by the auxiliary. And then the other things are paid for by the foundation and the other things. I'm punching into integrative medicine, General means I got my and they all stopped. They all stopped. And so it and I don't live in a very big way. Some require a whole lot. But yeah, I'm very thankful that they did that. And I think it's saved. Businesses save me.

Caroline Zaelke 37:51

I just ya my sister owns a small business. And so I know on her side, it definitely was effective and I'm glad it's helped you too. And yes, that's it. Then.

Angela Gallagher 38:00

Yeah. And I, you I appreciate them doing that. I'm stunned that they even cared or knew I was here. But I do appreciate

that they did. Yeah. So

Caroline Zaelke 38:12

yeah. Good Um, do you feel like with all the recent events and stuff you said it's fun you close to a community of Yogi's? I think you call them but all over the world. Do you think it's brought me closer to the Winston Salem community or to any other local businesses in Winston Salem?

Angela Gallagher 38:26

No, I kind of keep to myself here. So I don't really I just kind of do my I've been teaching here for 20 years. And you know, and I know there's other yoga teachers in town. I don't actually know them. I wish everyone well. And I would say, I always say there is no competition. There's no competition. There's not. I mean, how many people are missing? 240,000 there's not a lot more than enough for everybody who opens everything to have people. Whether it's a gym or holidays or a restaurant, there's more than enough. But I don't actually know anyone. I'm not downtown. I'm not what And I'll come over here by the hospital and decide I can't say brought me closer to other yo yoga teachers yoga teachers and I have quite close classes anyway and we still keeping up but i i missed them I feel that there's been a gap. Yeah. Now and all these moms have had their babies normally I would have seen them and baby you're gonna have some babies.

Yeah actually.

Caroline Zaelke 39:26

Im jealous Seeing babies Everyday just having that

Angela Gallagher 39:29

little little girl laughing Gosh haha,

Caroline Zaelke 39:34

I would love to sit in on baby yoga. That sounds amazing.

Angela Gallagher 39:37

I have other questions coming on you and just

on Facebook Live and well I'm just doing it with a doll. It's not gonna wrap.

Caroline Zaelke 39:47

I'll tell my sister to hop out I'm sure her little little Blake love that.

That's awesome, though that like you're able to still keep a connection with these mothers. But yeah, I understand that. Like you said the baby other classes kind of

Angela Gallagher 40:02

I miss people.

Caroline Zaelke 40:03

Yeah, there's a fly in here.

So I'm sorry, I'm just going through these questions.

Angela Gallagher 40:12

chit chatting, it's like we're having a cup of tea or some

Caroline Zaelke 40:15

lovely.

giving you a chance to improve parts of your business. I know you said you're gonna keep Facebook Live as it giving you a chance to kind of look in on your business and improve little things you've been trying to work on or just really highlight things.

Angela Gallagher 40:30

It's given me some time to write some programs for integrative medicine, because I want to do some training for your printer mess and I'll talk to the director about that. Again, that's another phase coming. But it's given me some time to to actually write some programs, which I'm happy about.

Yeah, but otherwise, no,

no, I can't do things the same. I'll do things the same way to space. Yeah. Okay. Very specific, you know, with my business like I'm yeah Don't Have you ever seen it all over the world and where I've lived in the world I've seen this set trained all over is they do I know studios local who do this. When the class starts they lock the door. My doors never locked. So a little yoga there no younger, come on in. And you don't want to disturb the other class thing you want. Everyone's run late. These are people with babies are pregnant and job people. People just can't get it's hard to get play ad, especially younger should be stressful you getting there. And a big practicing yoga is called pata holla. And it means to draw your senses. And so what you do is when you sit quiet, you withdraw your senses so nothing bothers you that's going on around you. So if you're really practicing yoga, it shouldn't bother you that someone walks in. But everyone, everyone, come on, just come when you come, no one's locked out. So I have very specific ways that I my studio is open anyway. And it really hasn't changed. I don't see any of those kind of things changing. Everyone's welcome when they come when they get there, you know,

Caroline Zaelke 42:07

it sounds like you've been doing this for a while you kind of have it down.

Angela Gallagher 42:10

Yeah. But did you imagine like someone trying to get in the door and you're not letting them?

Caroline Zaelke 42:15

Yeah, like that? That's like, my baby. Well,

Angela Gallagher 42:20

I just think

Caroline Zaelke 42:24

it's nice.

Looking back, is there anything that you probably would have done differently or that like sorry that you would have done differently to increase the amount of business you've gotten or just personally to make it like a better experience for you and your

Angela Gallagher 42:41

if, if I would have not gone this long? I would have printed things off and gave them to all obese in the beginning, but I didn't because I thought it was going to end mid April. Yeah. And I kept thinking every two weeks was gonna open because I don't want to go and meet the person each ob office who hands out, you know, who does the flyers and all that and send them information and then change it. 10 days later? Yeah. So I keep thinking we're opening. Yeah. And then I'm like, I need to do that. But now just kind of like yet. So now what I shifted is I'm going to not teach those classes. Yeah, just stay traditionally. But you know, what is nice is I live just two miles from my yoga studio from the hospital. So I ride my bike every day. So I still, I wasn't at home. I was still going to every class. I wasn't at the hospital hours, but I was still and I teach multiple classes a week for you over so I was still going to my yoga. Yeah, I'm a little bike. And so I was I didn't feel like I was stuck in walls. Yeah, that's good.

Caroline Zaelke 43:49

Yeah, cuz I started riding

Angela Gallagher 43:51

yup.

Caroline Zaelke 43:52

I start riding my bike more just to get out of the house is not locked in.

Angela Gallagher 43:57

But I'll tell you I am not. I'm not a cyclist. I'm not pleasant pedler I have like, like the flowers on the sidewalk if you know Ardmore Do you know the Ardmore section of Winston Salem so I live right in our right between the two hospitals and I like people are sitting on their porches more I read my bill way but I would say probably about 30 I get to post a 30 within blocks of me have been in my yoga classes pregnancy baby traditional. And my manager Liz whorehouses up there's six people just within a block and a half to come to my other classes. Oh my god. And so there's my goodbye ring my bill

kind of like keep me alive.

And one mom she's a new mom her and I always wanted to go by and I saw them the other day they were waving holding the new baby through the with their front window

Caroline Zaelke 44:53

how sweet.

Angela Gallagher 44:57

So I'm doing that so let's have fun.

Caroline Zaelke 44:59

Yeah No, that's awesome. That's really nice.

So we've discussed a lot is there anything we haven't talked about that you would like to like share or for our podcast even just to like kind of tell people or remind them

just kind of like a little last note.

Angela Gallagher 45:19

You know, I would love people to know they're healthier than they think they are. They have the ability to be happier than they think they can. Something that I teach, and you know, chakras and energy centers. Your emotional ones are between your throat in your belly button. So every time you feel emotionally happy or sad you felt from here. Yeah. So if you ever know she got set, you start see stuff. We get tight right here. That's where I get it. That's your expression, your heart natural energy, same emotions, your heart, your energy centers, your solar plexus stomach, so you've been upset you feel between here and here. Type Heavy turning. You're actually not supposed to feel bad between here and here every day, all day. This is rare. And yoga helps you not feel bad. It helps you be aware and this and I tell people don't, it's kind of like pain. Don't be upset by that painful feeling or physical pain. It's simply letting you know that you're not in alignment with who you're supposed to be, which is a happy, healthy person. And I often compare it to you know, you're driving down the road, and you go off a little bit and you hit those bumps pick up a book, and you straighten up. Feeling bad between here and here. It's just those bumps going straight. Because when you hit those bumps, you straighten up, you don't keep going off and run to a tree. And that's what yoga does. It gives you techniques and to guide your mind to straighten and you're not supposed to feel bad. That's what I teach a lot. And I had to do something in a local hospital right before COVID happened. And I was telling this to a group of teenage girls, and I mentioned you're not supposed to feel bad and they were shocked. Their eyes. They feel so much stress. So much worry so much lack of self esteem, especially when you're looking at social media they all attack. Oh, and you know, that's real annoying look like that. So

and they was, it's like no one ever told them they're actually supposed to feel okay.

So I'd like the world to know you're supposed to feel good. And this is just the bumps on the side of the road saying, oh, let's just straighten up. And Yoga is a nice way.

Caroline Zaelke 47:32

Yeah, that was a lovely message. I'm like tearing up.

Angela Gallagher 47:35

Nothing happy, healthy, happy, healthy. Okay.

Caroline Zaelke 47:40

thank you for Talking to me.

I'm like, way happier than I started this. I loved it.

Angela Gallagher 47:48

Do a traditional yoga class, just pop on Facebook Live and just put Caroline for wake. I'm here and join the class. It'll be fun.

Caroline Zaelke 47:54

I definitely will. I will love to thank you again for doing this. I really appreciate it. Your time and taking the time to have this interview and share it with posterity and our podcast and everything like that. It's been really great. Thank you.

Angela Gallagher 48:09

So nice to meet you. So you give him get to come back to wait for us to favor open.

Caroline Zaelke 48:14

Hopefully, oh my gosh. Um, so just a little logistics stuff. I can send this to you like the audio or the video if you want us to look back on it. If not, no worries, I'd love to. Okay, I'll just send it over to you after this. I'm also going to send you a deed of gift and he said I'm not super techie, but it's through Adobe Acrobat, which I'm just going to send you an email. And it's gonna say like, click to sign here. You just click it and it's gonna sign your little name that Oh, yeah, you did like a consent form that it's okay to record you. This is going to be a consent to let us have the recording just for

Angela Gallagher 48:50

the same thing though. I just click it. Yeah, yeah.

Caroline Zaelke 48:54

Number afterwards, just sign it whenever you have a chance. I'm probably going to be sent by the end of the day because you Take some time to process

Angela Gallagher 49:02

my bike and go teach others I won't be back. Okay, nice.

Caroline Zaelke 49:05

Well, that's about it. Thank you. Great. Nice to meet you. Nice to have a great day. Bye

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