



Old L.A. News

Issue 3 2025

www.OLDLA.org

Publication of the North Figueroa Association

North Figueroa Association Annual Meeting Notice

November 18 @ 10 am

**Highland Park Rec Center
6150 Piedmont Ave
Los Angeles, CA 90042**

Q3 SUMMARY:

JULY-SEPTEMBER 2025

**TOTAL
Q3**

**% CHANGE
FROM
Q2 '25**

**% CHANGE
FROM
Q3 '24**



TRASH REMOVAL

BAGS OF
TRASH

3,610



POUNDS
OF TRASH

83,030

8%

14%



GRAFFITI REMOVAL

NUMBER
OF TAGS
REMOVED

484



3%

11%



BULKY ITEM COLLECTION

NUMBER
OF ITEMS
COLLECTED

363



17%

14%



PRESSURE WASHING

PRESSURE
WASHING
HOURS

Pressure washing has remained consistent at
8 hours each month.



LAND- SCAPING

LAND-
SCAPING
IN SQ. FT.

0



100%

100%

STELLA HAN TEACHES AT HIGHLAND PARK'S KINSHIP YOGA

by: Christopher Nyerges



Stella Han conducting a "Sound Bath" session

On a Sunday afternoon on a hilltop in Highland Park, Stella Han began to gently play her crystal bowls and gongs as 17 people or so lay on carpets and chairs around her, soaking in the resonance. For nearly an hour, she guided them through a soundscape of celestial tones, three deep black crystal bowls, three rose-quartz bowls, two great gongs, delicate chimes, and temple sounds of a harmonium—blending into a soothing atmosphere that carried across the hillside.

Seated before the group, Han gently played the crystal bowls while 17 participants lay on mats or sat in chairs. This "sound-bathing" experience invited participants to immerse themselves in vibration. Some described the sounds as deeply healing; others said they stirred childhood memories.

Han is one of 20+ practitioners at Kinship Yoga Studio (5612 Figueroa St., Highland Park), where she has been on staff since early 2015, shortly after the studio's opening. Sound bathing is one of her many offerings alongside yoga.

Teaching Style & Yoga Background

Most yoga teachers adapt to the studio's requests, sometimes following set sequences such as vinyasa or hatha. Han, however, primarily teaches from her own training. She identifies as an alignment-based teacher, rooted in Ashtanga and Hot Yoga, and also offers vinyasa (breath and movement) and hatha (pose by pose).

She is certified in Jivamukti Yoga, a lineage grounded in ethical living, devotion, ahimsa (nonviolence), and plant-based values. She also previously taught trauma-informed yoga through the now-closed program

"Street Yoga," and provided psycho-socially mindful yoga to foster youth for eight years.

Currently, she teaches free weekly chair yoga through LA Care in El Monte, where she has taught since 2022. She also coordinated a Spanish-language class, taught by a colleague, to expand community access.

Han teaches a wide range of classes at Kinship, including, Hot Yoga "Vinyasa" classes, Peak Pose Method (influenced by her teachers Noah Mazé & Nichol Chase), every Sunday at 10 a.m., Breathe & Stretch Yoga (all seated postures), beginners Yoga, Meditation & Breathwork Circles, and community ceremonies.

Han's training spans over 1,000 hours, such as 200-hours of Yoga Teacher Training in Ashtanga (2012, through a program created by Larry Schultz), advanced training with Noah Mazé (2016), and Jivamukti certification in India (2020). She is also a seasoned practitioner of Hot Yoga (formerly Bikram, now called Second Set Yoga).

From Social Work to Yoga

Before becoming a yoga teacher, Han worked in social services for 15 years after earning her Master's in Social Work from USC. "Earning my Master's was a dream I never thought possible, shaped by my background as the daughter of Korean immigrants," she reflects. Her parents, who opened the first Korean nightclub in Koreatown, instilled resilience and determination.

Yoga became her lifeline during the heavy demands of social work. "My job was filled with crises. Yoga gave me peace, balance, and solace. Without it, I don't know how I would have coped." After years of fatigue, she traveled to Thailand for teacher training and spent a year in Southeast Asia before returning to Los Angeles in 2013.

Growing up in Eagle Rock, teaching in Highland Park felt like coming home. She joined Kinship's staff in February 2015 and is now its veteran instructor. In 2024, the LA Times recognized Kinship Yoga as one of the best studios in Los Angeles.

Current Path

Alongside yoga, Han has apprenticed with the founders of the Sound Bath Center in Los Angeles and is completing certification in Therapeutic Sound Healing. "Sound has blossomed into a parallel path of healing

for me," she explains.

Today, she offers a spectrum of practices: Hot Yoga, Alignment-Based and Peak Pose classes, Meditation, Chanting, Breathwork, Sound Journeys, Sacred Ceremonies, Stand Up Paddle Yoga, and annual retreats.

"Yoga is about becoming self-reliant within community," Han says. "It honors diversity while reminding us of our shared humanity. I remain humbled and grateful to walk the path of teacher, student, and seeker."

You can find her on Instagram at @yogihantas.



Stella Han preparing for a class session

How You Can Help

You can help keep the district clean, safe and pedestrian friendly by:

- Making sure your businesses do not place their trash in the sidewalk receptacles. These receptacles are for pedestrians only.
- Keep windows & awnings clean
- Take down any old, torn or faded signs or banners.
- Sweep your store front. While the crews sweep the streets, they do not sweep private property
- Post store hours in windows.
- Call security for concerns at 800-350-1944. Report to LAPD, as well.