

Dear Students,

We want to assure you that we take the [health](#) and well-being of our community of students and teachers very seriously. Like you, we have been closely monitoring the quickly developing effects of the Coronavirus (COVID-19) pandemic.

To help prevent the spread of COVID-19, we will practice social distancing. We temporarily closed our yoga studio on Sunday March 15th to protect and care for those who work with us, our students and teachers. We have spent the past week working hard to learn about and pilot live interactive online classes via Zoom. We now feel we are ready to offer them to the public.

We are all in this together. Through this forum, we hope to help you feel connected to your teacher and fellow students as you continue to learn and practice Iyengar yoga together. The classes will emphasize the relief of stress, enhancement of [immunity](#) and give students an opportunity to get out of their heads and into their hearts and bodies during this high anxiety time that requires social isolation to keep us safe. There will be fewer props and less individual adjustments and corrections. That said, we have been amazed at how well our pilot classes have gone and how much is possible with Zoom. Since we are all new to this way of teaching and taking yoga classes, it will require patience and a few sessions to get comfortable with the technology and the new venue.

Any classes you have currently paid for will be available when the studio re-opens.

We will continue to monitor the COVID-19 situation and adapt our online classes to the needs of our community. We may also have some special topic classes at additional times. Let us know of your needs and interests.

Take advantage of the extra time you have to be at home with your loved ones.

Be well, stay healthy and hopeful! We will get through this together.