

Dear Friends in Yoga,

We have decided to cancel classes through at least the end of April.

After reading authoritative assessments of the spreading virus and the recommended actions for prevention – especially the idea of Social Distancing – and with the increasing number of cases here in Montana it seems the only responsible and ethical thing to do. We encourage those of you who regularly attend class to keep up with your practice. We have posted a sequence from the Iyengar institute meant to help with increasing immune system health. If there are poses shown that you don't do yet, just skip them. Feel free to contact us if you have questions.

If you know of any other students who may not have read this message, please share it with them.

If you have already paid for the 2-month session you may either request a refund for the classes that will be missed or apply the difference to the next session.

When looking for updates on the corona virus, we will refer to Johns Hopkins, WHO and the Center for Disease Control or other trusted sources.

We are sure to know more in the coming weeks and we will keep you informed as to when classes can resume as soon as we can. We know how good Yoga is for the health of all of us. Take good care to avoid unnecessary public activity and employ all of the often-stated tips (especially wash your hands in soap and water for at least 20 seconds as often as necessary) as the best contribution to curb this epidemic in our local community.

May good health be yours!

Judy & Charles