



To say that we live in interesting times is a bit amusing to say the least. Wash your hands, don't touch your face, don't shake hands, or give hugs.

OK Now breathe, and take another breath.

The first time you see the empty shelves where bread, potatoes, toilet paper, and bleach products were is a bit of a start.

Now breathe, and take another breath.

We've been asked to stay away from large crowds in confined spaces, big groups of gatherings, no matter the cause, and to practice social separation & all bars and restaurants are now ordered to close by tomorrow. School children are home for a lengthy period of time and it may seem scary. The fallout will be rough but it is the right thing to do for the health of everyone. There are lessons to be learned during this time.

So to keep the studio open or shut down for a few weeks is the question at hand. I have cleaned all the blankets, blocks, chairs & will continue to monitor them. By tomorrow I'll have the community mats cleaned. This might be a great time to invest in your own mat-i'll practice with my own germs thank you very much. There is a spray and paper towels on rack by studio door. I have conferred with all the teachers and at the moment, most are still comfortable teaching because of our size of classes (small and will get smaller) and the large space in which to spread out. Please check the website often as things could change on a moments notice.

Saucha : (one of the niyamas)

PRACTICE CLEANLINESS

Shower body and oil before coming to class

Wash hands before entering studio

Wash community mat before and after class with spray available

Wash hands after class as well.

When you get home, change your clothes (did you cough in that elbow?) and wash them soon. Leave shoes at front door, and shower, practice nasal wash and then lubricate nostrils with oil, Oil pull, and gargle - eat warm soft foods, drink warm ginger teas, tulsi teas, keep body warm-don't get chilled!! Clean out some drawers, throw out old clothes, use this time to do good things. Talk a walk and breath in that fresh air-just wear warm clothes! Put a scarf over mouth if walking out side-cold air is hard on lungs.

Ahimsa: (one of the Yamas)

PRACTICE NON-VIOLENCE

If feeling unwell, stay home and self care.

Be considerate of others and clean your props and community mats

Keep voices, fears, and actions calm when entering studio-this is not the place to bring the outside in.

So for the moment these classes are cancelled until further notice :

All prenatal classes

10:30 Tuesday with Meredith is cancelled tomorrow but will be evaluated week by week according to the response from those students.

So the studio is open, trust your judgement, and check the web site before leaving for class or contact your teacher or call Julie -630-330-9461

Namaste

