



Dear Yogasaar friends and family,

As per the NM Governor's mandate , Yogasaar will be closed from 3/19/20 until April 10th.

I will continue to offer most of my classes remotely via video/audio during this period so that you can practice from the safety and comfort of your own home. Here is what you need to know :

- Classes that will continue are : Mixed level on Mon, Tues, Wed and Thurs at 5.45pm, Level 1 on Fri at 11.30am , Intermediate flow on Sat at 10.30am and Mindfulness meditation on Tue and Thurs at 7pm.
- The remote Yoga classes will be \$10 per class and Meditation \$7 per class.
- For those who sign up for 6 classes or more (for this 3 week period we are closed), your bundles will be extended once the studio opens. In all likelihood, because of the financial hit the studio is taking at this time, other bundles will not be extended and prices for bundles will go up once the studio reopens.
- You can sign up for as many classes as you wish to by calling me. And are free to choose which classes you attend as we go along.
- You can pay for your classes when you sign up through a credit card.
- Once you sign up , I will send you instructions and a link to join into the remote classes of your choice.
- I am always available via phone and email for questions and concerns or to help you troubleshoot how you can access these remote classes through your phone/tablet/laptop or desktop. Please see my information at the bottom of this email.

In this time of uncertainty, anxiety, fear and panic, I think its even more important that we continue the practices of yoga and mindfulness to stay healthy - physically, mentally and emotionally. I hope that you'll join me , not just to support the studio to stay afloat but also to stay connected in the spirit of all that is yoga.

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All love and good wishes for your health and wellness,

Aparna Levine