

***To our Amazing Students, Clients & Friends,***

Since the coronavirus outbreak, our lives have been very stressful, to say the least. While we must practice social distancing in order to remain safe, we feel strongly that no member of our community should ever feel alone.

At this point, our mental health and wellbeing is more important than ever. With that in mind, Infinite Light Center is happy to announce that we're working on some creative ways to stay connected. You'll find some free online classes on our website ([view them here](#)). We're also in the process of creating more opportunities to connect with us online. [They are located here.](#)

Our goal is simple:

***To Restore Your Peace and Calm,  
One Class at a Time***

When we open the doors to the studio, hopefully in the near future, we have the opportunity to be stronger, mentally and physically if we seize the chance offered to us today.

We hope you join us on this journey.

Namaste,

***Tony, Mary & the Infinite Light Center Staff***