



Dear Valued Members,

Effective Monday March 16, in the interest of public health due to the Coronavirus outbreak, Keene Yoga Center will be suspending all onsite operations until March 30, 2020. We will not be offering any onsite yoga or fitness classes.

We will, however, do all we can to continue to provide you with professional yoga instruction and invite you to be a part of our community and interact with us online.

I have never felt so much uncertainty in my life, as I have during the last week. With the closing of borders and schools and businesses, we are faced with a new reality, and it can feel scary. It is in times like this that we need community more than ever.

As we self-quarantine and create “social distance” between us and others, it is important that we stay connected virtually. Remember that we are not alone. We are all in this together, and we are all open to supporting each other. I want to encourage you to be honest with your friends and family as you talk with them on facetime or social media and share with them how you are feeling. If you need a friend to talk to, let them know. Reach out to people, tell them you care about them and that you are thinking about them.

As we have more time alone than usual, it is a time to both go inward, and gain insight on what is truly important to you in your life, and a time to reach outward and share your love with others.

At Keene Yoga Center, we will do our best to transfer the community feeling and support that we all feel when we walk into the yoga center, onto our online platforms, primarily Facebook. Starting today we are going to make that our community hub. We will be posting many yoga videos and resources, encouraging members to share openly, and also we will be streaming live yoga classes.

All our Facebook resources will be open to the community, so please share this with any of your friends or family who may benefit from online yoga classes, community and support.

We ask for your support by continuing your membership during this crisis. We will do everything we can to support you and the community, and this is only possible with your support. #Truth.

While it is best to keep our bodies at a distance, we can still keep our hearts and minds close. We will be with you always. You are an amazing human being and we love you.

In Love & Health,

Bryan & Anjili Russell & Melissa Gartman