

Shakti Yoga Center Statement on Temporary Halting of Classes as of Monday, March 16, 2020

Dear Friends & Patrons:

Given the fast moving pace of actions surrounding the containment of COVID-19 and the Governors of the tri-states this morning announcing a coordinated effort to prevent - as much as possible - the spread of the virus by shuttering just about everything including (now) gyms, Shakti has decided to halt all classes temporarily with the intention to re-open as soon as possible. This was not an easy decision but we want to do our part to work with the larger community and keep everyone as safe and healthy as possible - particularly the frailer members of our larger community.

We, of course, encourage you to do a home practice. We have no plans at the moment to stream on-line classes as there are already many options for you to choose from on-line. We are a human-to-human center - practicing with each other in class and sharing the "shakti" of a "non-digital" experience is our philosophy. Social distancing is the "call of the moment" and it makes sense given the highly contagious nature of the virus but we look forward to returning to social comraderie as soon as we can. Stay tuned for that update. We will keep you informed via emails like this, on Facebook and via our website schedule.

Stay well and positive. This too shall pass.

Sincerely,

~Pam Flynn Kimelman