



Yoga Classes Cancelled this week, Transitioning to Online Offerings Next Week

Out of an abundance of caution and to help "[flatten the curve](#)", all yoga classes at The Well for Women are cancelled. But we are working hard to offer them in an online format through Zoom. If you haven't used Zoom, it almost feels like you are in a room with other folks, and you can have access to the teachers you love who know what you need. We're happy to help guide you if the technology is new to you.

We hope to have classes online by Tuesday, March 17. We will take it day by day, and begin offering a hybrid classes when we feel the time is right. This means those of you who prefer to stay home can, and those that come in will know it will be a smaller group.

We will stay connected as updates are available. We encourage you now more than ever to continue your yoga practice to access the down regulation your nervous system needs. This is a stressful time for everyone, and we want to support you to continue your self-care--maybe in new and ingenious ways as we all navigate this situation.

We are still available for massage appointments, as long as clients are free of any symptoms of illness. Our comprehensive hygiene protocols are in place, and we will avoid touching your hands and face in your session. We are also following directives from the American Massage Therapy Association, who currently say it is safe to continue to practice while following CDC hand washing guidelines, which we already do. If that changes, we will follow any updated protocols.

Don't hesitate to call or email with any questions. Also, if anyone has any ideas about how The Well could be a resource for the community during this time, I'm open to all suggestions. Let me know how we can be of service!

Wishing you Health and Peace,

Julie and The Well for Women Team