



Be Kind. Be Strong. Be Free.



On-Line we are! ***Join us!***

Update: March 16th

New guidance from Governor Jay Inslee today has asked all fitness establishments to cease in-person operations to support the public health guidelines and the "flattening of the curve" of the COVID-19 outbreak. To see additional details from the Governor, [click here](#).

Effective immediately we will be temporarily ceasing our in-person classes and immediately offering all of our classes on-line so that we can best support public health and the well being of our communities.

On-line classes:

Starting today, Monday March 16th at 6:00 PM, we will be offering all of our classes streamed on-line via Zoom meeting so that those of us not attending at the studio can still "take classes" with their favorite Lotus teachers.

Continuing to take classes at Lotus on-line will help keep you as healthy as possible, help keep our greater community safe and help keep our teachers and small business

afloat. None of these things is trivial at this disorienting and challenging time. We hope to offer all our regular Lotus classes on-line until the Governor lifts the public health restrictions and it is safe to come back to the studio and practice together again. We look forward to the day that we can see each of you in person again! In the meantime, we hope to see you in the virtual world. Read on for details of our live-streaming class options!

Here's the outline of how on-line classes will work:

- On-line classes will be listed on our studio live [schedule page](#) and www.LotusYoga.biz.
- To take the virtual class, students simply sign-up and pay with any standard payment method for the "on-line" class on our on-line schedule.
- To be included in an on-line class make sure to sign up at least 45 minutes before the class start time.
- Students who would like to participate in the on-line classes will need to create a Zoom account (free and easy to do) on the Zoom web site.
- A half-hour before class begins, signed up students will receive an invitation from our Lotus Zoom meeting account with a link to the class, password and instructions for joining the meeting (class).
- Once you are signed up for class, make sure to:
 - At least 10 minutes before class "join the meeting" from the link that you received after registering. Give yourself a few extra minutes the first time, there may be a little learning curve, but Zoom is really really easy!
 - Gather all your favorite home props and set up your yoga mat in a cozy spot with access to the device that you will use to "take class" (phones, laptops, computers all work, anything with access to the internet!).
 - Grab a cup of water, tea or hot chocolate... the options are endless!
 - Let the cat know that it is time for yoga (cats looove when their humans do yoga at home).
 - Start and end class with the folks at the studio, it won't be a perfect, glossy, professional quality on-line yoga class but it will be almost as good as being there in person at Lotus with your favorite Lotus teachers and community members.

- If you lose the thread of the on-line class for a moment, don't worry, just do something that feels good in your body: take a breath, do a down-dog, cat / cow, tree pose, child pose... really anything that feels good and then rejoin the flow of class when you are ready.

- If you experience technical difficulties during your on-line class, get in touch with [Maia](#). She won't be able to respond to all issues immediately, but she will do her best to get back to you as soon as possible.

- If you need to purchase a yoga mat so that you can practice at home, we are offering Manduka X mats for a deep discount of \$35 each. We are offering all other yoga mats for 15% off and we will be continuing to order more mats as needed. If you would like to purchase a mat from us, please email [Maia](#) to set up a time to meet at the studio to purchase a mat.

- Now is a good time to practice compassion, patience and curiosity all yoga and mindfulness tools that will help us all get through this challenging time with as much equanimity as possible.

We understand that some of these changes will be challenging or frustrating as we are all accustomed to practicing in a studio with consistent classes, a lively community and and together, in person - meaning that there is no need to register on-line for your favorite class or to navigate a new technology (really... Zoom IS easy-peasy to use, don't sweat it!). These times are challenging for us all and our hope is that we can continue to use the many wonderful tools of yoga and mindfulness to navigate these challenging waters, to continue to support each other in any way that we can

(even if it be remotely) and continue to thrive as a healthy studio and community.

We are wishing each of you steadiness-of-mind amidst the challenge and changes and good health in the days ahead.

We continue to be grateful for your continued presence (virtual presence), understanding and cooperation. Get lots of rest, stay well-nourished and hydrated, and use all of your best self-care routines!

Remember that keeping up our regular healthy habits (like meditation and yoga) are just as important in helping prevent illness.

We thank you for your mindful care of yourself, the greater Seattle community and your Lotus community. Be well!

What a joy it will be to see each of you again at the studio when this has passed! In the meantime, we can support each other from afar and we will get through this together (virtually).

With great warmth,
Maia and the Lotus teachers

Visit Our Website

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