

Post-COVID-19 Phased Re-opening of Stepping Stone Yoga:

Stepping Stone Yoga Studio will re-open to the public in Phases with monthly updates at the end of each month in this bulletin.

We are now only accepting members & card-holders.

Members have access to all three options of Post-COVID attendance at SSYS:

- 1. Live-broadcast online**
- 2. In-person Outdoor deck**
- 3. Pre-recorded digital tutorials**

Card holders have access to Live-broadcast online and in-person deck classes only.

Effective AUGUST 1, 2020

*We will continue to host in-person classes outdoors on the Yoga deck classes with 7 students at a time. With at least 6-foot physical distancing between students, **no** hands-on assistance from teachers, masks are encouraged but not mandatory and please maintain physical distancing while socializing. Please note that everyone attending class must register.*

<https://www.steppingstone yoga.com/allofferings>

No matter which class you would like to attend you will be required to register.

Effective this August we will offer various options for attendance:

- 1. In-person outdoor Yoga classes on our octagonal Yoga deck (Mountain backdrop on homestead with sheep and chooks) with a limit of 7 students;*
- 2. Live-broadcast zoom classes with the limit of 100 students, and,*
- 3. Private sessions*

Please note that we are working on building higher quality pre-recorded digital videos to come soon.

SAFETY CONCERN: Please be advised that while wearing a mask is encouraged to help prevent the spread of COVID-19, it may be unsafe to wear one during the practice of Yoga. Yoga on the mat is a physical activity that takes you deep into your breath and movement, which requires a whole new level of self-observation for everyone to take into consideration as a personal responsibility when attending practice with a

mask. IF you feel faint or dizzy during Yoga practice while wearing a face mask, modify and/or find your way into child's pose, and if you do not feel safe wearing a mask while practicing Yoga or practicing in a place with those who do not choose to wear one, then please choose our live-broadcast and/or recorded sessions.

We are in full compliance with the state mandate regarding the current public health crisis; it is important to stay safe during strenuous activity, therefore, while maintaining safe physical distancing outside, coming to practice without a mask is an option.

To enroll in our classes now:

1. Registration is required prior to attending any of our classes:
<https://SchedulingPageSSYS.as.me/ssysclasses>
2. Follow enrollment prompts and you will then receive a link to the online platform Zoom.us (create a quick account with them as well).

If you have any questions or did not see the access link, send an email to sacredcircleschool@gmail.com, and we can also send you the access link to class.

Members & Class-Card holders:

1. Sign-up at <https://SchedulingPageSSYS.as.me/ssysclasses>

Simply input your coupon code OR email address to redeem your specific subscription or discount.

If you are having trouble in any way please contact me directly at:

802-323-9555 (text or phone) or email at sacredcircleschool@gmail.com prior to class.

To the general Public/Drop-ins:

We are not taking drop-ins at this time. IF you would like to enroll as a member or card-holder, please visit our website, click, "memberships/packages" under the "Offerings" tab.

To ALL:

Head to Zoom.com (our online "meeting" platform) and quickly set-up a free account with them, download the latest app for participating in the classes, or if you already have an account to make sure you have upgraded to 5.0 to move forward with ease. Once you input your email with them, then enroll in the class, you should receive the link to our live-broadcast, if not shoot us a quick email and we can send that info along.

Peacefully,

Pippa Dorfman

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SteppingStoneYoga.com