

Stepping Stone Yoga COVID-19 Response [Last update: March, 2021]:

1. We have closed our “studio-with-walls” and opened both our “studio-without-walls” outdoor octagonal deck and our online platform for journeying together.
2. When outside, masks are optional, we distance mats 6 feet apart and ask that all students BYO mat and props for practice.

Stepping Stone Yoga

*We believe that an essential role of Yoga instruction is to be present and available for our students during an offering. Therefore, we host classes live, both virtually from the comfort of your home (saving the environment from driving so much!) **and** outdoors on our beautiful deck space in Jeffersonville, VT with Mt. Mansfield as our backdrop.*

The benefits of practicing Yoga live allows for more immediate feedback from the teacher, and builds upon the social aspects of growing and/or healing within a community. Since we are a small Yoga studio-without-walls situated in a rural mountain village, our goal is, and always has been, to cater to our locals. Attending Yoga on our deck or joining our online platform provides access to a sacred container for self-excitation, within a broader community, where you can dive deep into the journey with other curiosity seekers of the self.

Octagonal Outdoor Deck Yoga Classes

Building a home-practice is vital to the support of our personal health and wellbeing and virtual Yoga has truly supported the growth in this matter. However, we also need to boost our social wellbeing and feel that in-person Yoga builds stronger connections between practitioners of the community.

*Therefore, we host group classes on our beautiful thirty foot Outdoor Octagonal Deck during nice weather. **These offerings are donation-based** so that those who are financially able to pay more for our offerings may, and, if monetary exchange is nearly impossible we love to talk barter too and will not turn you away based on your lack of finances. However, due to our COVID restrictions on space we operate on a first come first serve basis. You may call, text, or email ahead of time to save your spot. 802-323-9555 or sacredintheround@gmail.com.*



Deck Weather Policy:



If we encounter unsuitable weather for practicing outdoors prior to raising our beautiful canopy (see below), we will cancel the deck gathering. All those who signed up will be notified of this change, which is a great reason to shoot a text or email prior to an offering as to whether or not you will be attending. Equally, you can check to see if class is cancelled by visiting our [website](#) and scrolling down to “Weather update”.

Pease note: We are currently saving, and raising money for, a beautiful seasonal tent. We are working with a few local artists to make this project happen for this summer! IF you would like to help contribute to this so that we may host our classes regardless of the rain or hot sun, visit our donation link here>>>[OCTAGONAL DECK TENT FUND](#)

Optional Comfort-measures Items List

Yoga mat & desired props (blocks, strap, bolsters);
Layers, towel, blanket;
Water bottle filled;
Mug for optional tea post class;
Hat with brim and/or sunnies;
Sunscreen/non-toxic bug repellent.

Keep scrolling for images of the deck:













