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Dear SSYS Community (Members, Card-holders, and at-large),

As we have officially closed our studio doors for April 2020, other doors *will* open for us all. Let us stick together to find out what they will be and inspire one another to stay positive.

## 1. April Schedule

(we will go month-to-month at this point):

### Sundays:

- 9am [Gentle/Beginner Asana](#)
- 5pm [Mixed Levels Asana Vinyasa](#)

-both w/ Pippa

### Mondays:

- 515pm [Rocket](#)/Ashtanga (Intermediate+)
- 645pm [Broga](#)

-both w/ Leigh

### Tuesdays:

- 10am [Mixed Levels Asana Vinyasa](#) + 5-minute meditation & 10-minute group discussion/interaction
- 530pm [Healing Core](#)
  - 7pm [Yin](#)

-all w/Pippa

### Wednesdays:

- 10am [Mixed Levels Asana Vinyasa](#) w/ Pippa
- 4pm [Lunar Yoga for Women + Girls: Live-stream 4-wk series](#) w/ Pippa (**Begins April 22nd on Wednesday closest to the New Moon**): [Sign-up Here](#).
  - 6pm Mixed Levels [Vinyasa w/ Jenny](#)

### Thursdays:

- 10am [Mixed Levels Asana Vinyasa](#) + 5-minute meditation & 10-minute group discussion/interaction
  - 6pm Mixed Levels [Asana Vinyasa](#)
- w/ Pippa

### **Fridays:**

- 10am [Mixed Levels Asana Vinyasa](#)
  - 7pm [Restorative \(FREE to ALL](#), though we don't arm wrestle donations)
- w/ Pippa

2. During the month of April, we will be LIVE-Broadcasting only. Please share widely our FREE Restorative Class at 7pm Every Friday at <https://zoom.us/meeting/register/v5ArcOGopzwr-CqmbfIrlqXOebMJTRMgCg> ...After registering, you will receive a confirmation email containing information about joining the meeting. We have room for 100 participants.

3. To participate in our live-broadcast offerings:

- A. register at Zoom.us,
- B. [sign-up](#) for your [classes](#) at SteppingStoneYoga.com or by clicking the titles below,
- C. Follow the link provided in the confirmation page at sign-up.

-**Unlimited Members** will receive ALL links to all classes for April in a separate email.

-**Members & Cardholders** simply input your email or code at checkout when registering for class (SteppingStoneYoga.com) under the cutton "redeem coupon" before "pay now". You may also [upgrade to unlimited](#) for ease of access to all links.

-**To the general public** (non card holders/non-members): you may enroll as a [member](#) at any time if you are not. If you have another person at home practicing with you, by the honor system, please purchase the [Couples Discount](#) for \$25 at our [online store](#). If you have more than you and one other, please purchase our new [Live-broadcast Discount for +2 practitioners](#) for \$33. You may also enroll in our [1-month unlimited membership](#) for April only at \$120.

4. May and June schedule to come.

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5. Never hesitate to reach out with any questions/concerns.

6. To enter any of our raffles, click [Here](#). If you are interested in signing up for our Summer course on the Yamas & Niyamas, click [Here](#).

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Pippa Dorfman



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[\*\*SteppingStoneYoga.com\*\*](http://SteppingStoneYoga.com)