



UPDATE: 3/19/2020

To our Sumits Yoga Community,

It is that time...Today, Memphis Mayor Strickland announced the closing of all gyms and fitness centers. Now is the appropriate time for us to be part of the solution and support our community. Our studio will be closing our doors until our community's health & safety are no longer at risk.

We remain committed to supporting you and your practice. We've had so much fun with the LIVE online classes and we have plans to get more and even better (video) quality LIVE and recorded classes out to you. *See the bottom of this letter for instructions on accessing podcasts and live classes.*

We are ALL being stretched beyond our comfort zone right now. How wonderful that YOGA teaches us how to cope and helps keep us sane.

We need each other now more than ever. Be kind to one another. Listen to one another. Support one another. Please reach out if you are in need of help in any way. We are here to support you as best as we can. We are ONE community.

We cannot do this without your support and wholehearted adoption of this new, uncharted land of live-streaming classes. All memberships, class packages, and intro offers will include access to these on-line classes. Going virtual during these crazy times is what will help keep our studio open and what will keep this small business going; it will help pay the incredible team that supports you, buy our supplies, and pay our rent.

We are deeply grateful to each of you for helping us survive through this and we know it is through this experience that we will truly be able to support one another through a deeply connected community. Out of the midst of all this madness, we are excited to embark on this journey with you.

Wishing you peace, light, and good health.

Love & Namaste  
Amy & the Sumits Yoga Memphis team

- You can access podcasts of a select few of our classes here: <https://sumitsyogamemphis.buzzsprout.com>
- Through our Facebook group we are providing access to a variety of our classes for *all active paid members, class pass holders, and intro offer holders*. Additionally, students without a class package can purchase unlimited access to this group. Here's how to find our live classes:
  1. Log into Facebook
  2. Navigate to Sumits Yoga Memphis business page
  3. Go to the Groups tab
  4. Select "Sumits Yoga LIVE" group
  5. Answer the 3 questions asked to gain access to the group
  6. Comment on the class with your full name and like the post to get "credit" for your class.