



Wednesday, November 11, 2020

Hello Beloved Telluride Yoga Family,

As most of you know, the town of Telluride is experiencing a severe uptick in Covid-19 cases and we are on a potentially dangerous trajectory. Our San Miguel County safer-at-home order has been escalated to Orange--high risk. We are being asked by key institutions in our community--state and local government, the Telluride Medical Center, and the Telluride School District--to stay at home whenever possible, and to radically adjust our behavior so that we can flatten the curve.

TYC is proud to have been a part of the revitalization of the local economy over the summer and fall months, and we are ever-grateful to all of you who made this possible--for the Center, for our teachers, and for our wider community. We have conducted indoor and outdoor classes in a safe and nurturing environment and we could not have done so without all of you!

However, it is clear that the health and safety landscape is changing yet again here in Telluride and, thankfully, TYC is in a position to answer the call that has been put out, and put our collective public health ahead of our private business interests. This means that, for now, all in-person classes will be moved over to our digital platform and we will continue to hold those classes for the foreseeable future. (See our class schedule at the bottom of this email and book directly through our website.) If you are currently registered for an in-person class, we will leave you in that class and will be sending out a Zoom link for it very soon. Of course, you can also remove yourself from that class prior to its start. If you have any issues at all, please reach out to Hollie!

Although we regret having to make this tough decision, as we have so loved holding in-person space with you, and we recognize that these are hard decisions for any business to have to make (and we pass no judgment on those choosing a different path for now), we believe it is the right thing to do for us and for our wider community. Now is the time to do all we can to protect in-person education for our littlest ones (we are **so** lucky that this has been happening since August at the elementary level), think of our collective public health and health care workers, and to consider the needs of the most vulnerable among us. This is precisely what it means to practice ahimsa, or non-harming. We will do that now, as always. We hope you will continue to support Telluride Yoga as we navigate this shifting landscape together.

Finally, we look forward to moving back into our home at the Nugget Building in December, where we **hope** we can resume safe in-person classes, and where we will definitely be filming all of our digital classes. Stay tuned for more news on that front in the coming weeks! Until then, stay healthy and safe, and may all be happy and free!

NEW Digital Schedule

Sunday 10am Vinyasa (all-levels) w/Hollie Sue
Sunday 4pm Vinyasa (all-levels) w/Crisanne
Monday Noon Perfect Hour w/Hollie Sue
Monday 6:30pm FREE Meditation & Sharing Circle w/Crisanne
Tuesday 10am Vinyasa (all-levels) w/Hollie Sue
Tuesday 6:30pm Gentle Flow & Unwind w/Crisanne
Wednesday Noon Kundalini w/Shannon Earthtree
Thursday 10am Vinyasa (all-levels) w/Hollie Sue
Friday Noon Perfect Hour w/Hollie Sue

One Love,

Hollie Sue & Albert

Director & Co-Owners
Telluride Yoga Center
(970) 729-1673
info@tellurideyoga.com