

# Yoga-is Studio

Time to give you an update.

Dear friends and students

Glenys and myself are both well and keeping fit. We are maintaining our yoga practice. We jog down to the seafront every other day. Glenys attends her gym and I run along the promenade. We also practice our archery a couple of times a week so keeping busy.

We are still unable to use the studio for classes as our BWY Insurers have asked us to delay opening due to carpeted floors. We are also instructed not to provide props because of the Covid 19 issue. It is expected that students will provide their own equipment in the future. We are aware that many of you do not have props at home for personal use, or to bring to a class So we are selling our stock of props. We have twelve kits for sale at £70 each.

We are selling a kit all of which has been used at the studio for £70. This would enable you to attend classes, taking your own props. To have a home practice and to participate in Zoom lessons should you wish.

**Note.** You can buy these props new online for around £150.

## A Kit will consist of: -

- A Studio mat
- A Bolster
- Two bricks
- Four blocks
- A cotton belt
- A blanket



Remember if we start classes next week we are not permitted to provide mats and props etc. so you will need to provide your own.

These kits are available on a first come first served basis and can be collected from the studio. Call us to order your kit and to arrange a time to collect them. Tel 01843 – 864532.

Kind regards Alan and Glenys.

Hope to see you soon.