



## Hello, Synergy Friends!

A new week begins in the emerging 'new normal' of life in quarantine. We are happy to continue live-streaming classes, and we are loading up our website schedule with VIRTUAL CLASSES going forward for the foreseeable future.

We are making every effort to ensure these classes are accessible for our community, but speaking practically, plainly, and utterly candidly, we still have to pay the rent on our physical space, and keep our wonderful instructors on the payroll. This will ensure we can continue to operate through the quarantine, and return seamlessly to in-studio classes, once business can resume as before in our studio space.

Going forward, **we will require advanced registration** for everyone wishing to take a virtual class. In addition to the class confirmation you will receive via our automated system, you will also receive an email providing you with a registration link to the virtual class.

**All existing plans and packages can be applied to virtual classes**, so you need not make any changes or additional purchases. You will register and use your existing plan as though you were registering for an in-studio class.

A few of our classes this week remain FREE to everyone, and going forward, we will ensure that one class EACH WEEK is FREE to anyone who wishes to have practice at home. We encourage you to share those opportunities with your community.

Look to our website schedule for our full list of live-streaming classes, and register accordingly.

### Following are our links to FREE online classes for this week:

#### **3/30 Monday Fundamental at 11:30 AM**

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/u5clcOutqz0iEChWKwHhcjT1mwQWXWbbYg>

#### **3/30 Monday Evening Flow Jam**

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/uZAKceupqTwvaGfqeTXYhkrjqpQWp7MTKw>

#### **3/31 Tuesday Morning Short Stretch Sadhana (30 Minutes)**

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/vp0kcO2gqDliDB7ESn8p0YIdOwFfn0VShw>

Thank you so much for your support, loyalty, participation, and understanding.

**We are still a community. We are still sharing practice. Please join us and keep in touch.**

With fondness, affection, and care,  
Robin