



March 14, 2020

Dear MBS Community,

Uncertainty is hard. The invisible but real threat posed by COVID-19 (coronavirus) is unsettling, especially when it makes us doubt our in-person interactions. And yet, we need each other more than ever. We all need to coordinate our efforts - both individuals and businesses alike - into cohesive, effective, and compassionate action.

Mind Body Solutions is taking steps to do our part. For the next month, we are suspending all of our adaptive yoga classes at the MBS studio within Yoga Center Retreat, Tula Wellness Center, at Courage/Kenny Rehabilitation Center, Vet Centers, and at a domestic violence center for women.

In the meantime, you have been hearing about our refreshed YouTube channel entitled The Hub. Well, it's time! Whether perfectly ready or not, in response to the current situation, we are leaping forward with a soft re-launch. [Check out The Hub](#) this week and in the weeks to follow. We are so excited to present this new offering to our community!

In addition, for our adaptive yoga students, we are planning to offer online adaptive yoga classes beginning this Tuesday.

Regardless of this damn coronavirus, at Mind Body Solutions, we promise to continue to thrive as a community until this strange time passes. I know you will, too. As always, we are better, together.

With hope from 6 feet away,

Matthew