

OM Shanti, OM Peace: We are open through Friday, March 20th!

Greetings to all students,

This week at Two Hearts Studio we:

- discussed how **Yoga helps boost the immune system**
- encouraged turning hand washing into a **sacred ritual** by creating a 25 second mantra (my personal mantra is listed below)
- learned an ancient **Vedic Peace Mantra** to cultivate serenity
- practiced finding **inner calm** amongst the chaos

We will be open through Friday 3/20 and our teachers are committed to teaching as an act of love, compassion and service. This week teachers will be sharing with you their thoughts on home practice routines and mindfulness practices that you can do at home.. As Yogis we are torch bearers of light and goodness. Our goal is to help you find peace, calm and serenity in these uncertain times. So you are not struggling to decide whether or not to attend classes, **Two Hearts Studio will be closing for two weeks, Saturday 3/21- Saturday 4/4** as we all do our part to help the greater effort of health and wellness for our community.

While we are open here is what measures we are taking at Two Hearts Studio:

In addition to our regular cleaning we are adding a sanitation procedure at the end of each class. The instructor wipes down all door knobs, the banister, and the front desk sign in book and pens. We run our high power exhaust fan which pulls all air out of the studio and replaces it with fresh air from outside. We remind you to wash your hands before leaving the studio. We will use our creativity to teach in the healthiest way possible (no partner work, no hands on adjustments, minimal props, etc)

Here is what you can do as a student:

Please stay home if you are coughing or sneezing (we know its mostly allergies). Please wash your hands as you enter the studio. Please bring your own props and a personal towel to place over bolsters or blankets (bring an eye pillow, a strap and other props you may want for your practice). This is a habit that will be great to continue in the future long after this current situation subsides. Also if you choose to use studio blocks or straps please clean them before and after use.

We will keep our **website up to date with our current offerings**. Class cards will be extended for the same amount of time the studio is closed. We will reevaluate the decision to open again in April as it gets closer. Please take this two week break to stay healthy, stay calm and rest.

Please enjoy this sacred Vedic chant from the Upanishads that sends healing vibrations to all who come in contact with it:

Sarvesham Svastir Bhavatu
Sarvesham Shantir Bhavatu
Sarvesham Purnam Bhavatu
Sarvesham Mangalam Bhavatu
Om Shanti, Shanti, Shanti

May there be Well Being in All
May there be Peace in All
May there be Wholeness in All
May there be Happiness & Auspiciousness in All
OM Peace, Peace, Peace

Hand Washing Mantra

I open my heart with: love and compassion
For all those who are: suffering and fearful
I open my heart with: gratitude and appreciation
For all those who are: brave and wise
I open my heart with: kindness and optimism
For everyone's benefit.

Sending you blessings of good health,
Jane Goldstein Owner, Two Hearts Yoga Studio

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