

Dear Hot Yoga 4 You RVC,

It is with great enthusiasm that we write you about some exciting schedule modifications! Please know that we take great care in adjusting our schedule to fit your needs, requests, and feedback. We are grateful for the positive response to our 60-minute and Hot Flow w. Music classes, and are happy to bring you more of what you want.

Beginning Wednesday, November 26<sup>th</sup> our morning 9:30am classes will be held at 10am in the following format:

**Monday. Wednesday. Friday**

10am 60-minute class

**Tuesday. Thursday**

10am Hot Flow w. Music

The 60-minute class format has brought so many new students into our practice, as well as fostering the return of many long-lost friends who simply didn't have the time to continue practicing a 90-minute yoga class. This trend is sweeping the nation, as many yoga studios are providing for the needs of their communities. The feedback is the "proof in the pudding" with several 90-minute yoga studios closing down, while studios that offer 60-minute options continue to thrive. We thank you for the opportunity to be a thriving community, and we will continue to amend our schedule to serve your needs.

After holding our 930am slot for many years, we are pushing our morning class back to 10am. The extra half hour will provide the opportunity for many of you to make it to class. Eliminating the stress of rush hour traffic, racing to drop the kids off at school on time, and adding little more time to rise out of bed and onto your mat, we assure you this new time slot will make getting to class much more enjoyable. We aim to please!

The advantages of this shift are many, and we thank you for making the choice an easy one for us. We look forward to serving our community with efficient yoga classes that are accessible and reliable. The 60-minute class has breathed new life into our studio and into the many studios across Long Island that have followed suit. We are happy to evolve with the changing needs of our culture and of our community.

With many thanks and continued appreciation,

Yolanda Nash