

November 2, 2011

Dear Yoga Friends:

I'm sad to report that I'll be leaving Madison Yoga. I'm not sure at this point if I'll be able to sell the studio (and perhaps work there??) or if I'll have to close entirely. Time will tell and I will keep you posted.

If you have classes remaining at Madison Yoga, please come and take them!! I will be unable to offer refunds. If you don't know if you have a balance please ask, I'll look in my records and see what I can find.

I'll be happy to advise you all about other teachers in the area, and would like to keep your email address so I can advise you about potential classes I could be teaching. If you'd like me to delete your email, please let me know. The schedule will remain as it stands for now, hopefully until 12/19/2011, a Monday. Between now and then, I'm planning a Gratitude Workshop in November and a Toys for Tots class in December.

Transition is hard, I get it. My family has struggled for the last few years and I've decided to turn my attention 100% to our recovery. I hope to resume teaching at some point following. I can't imagine a life without sharing yoga. I hope to resume if not at my own studio, perhaps in one close by.

I have greatly benefitted from you all as friends, students, advisors, research projects, and partners in the joy of Yoga. I will always treasure the Madison Yoga studio with its softness and comfort. I hope to see you all in the next couple of weeks. Lets not be emotional. (HA! Do you know me?)

Learn to accept the grace that flows through your days whether you receive it like a perfect wave or with all quills raised in resistance.

Peace and Joy,  
Kim.

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Discipline is remembering what you want.