

DeeVine Studio McLaren Vale update – March 2020

Firstly, I'm not going to go into all of the COVID-19 details, as we all know what is going on, and I'm sure we are all aware of the recent guidelines on how to remain healthy.

Regarding our yoga classes these are the things you need to know, from Monday 23 March 2020:

It is of vital importance during this time of uncertainty...that we maintain a sense of still being connected to each other in our common values – and our yoga practice.

Our physical, mental, emotional and spiritual health are of utmost importance at this time. Please do not feel alone or completely isolated. We will still meet each morning and share space in the comfort of our own homes, until we can again meet together face to face.

What will be provided, will be an online class each day, for MEMBERS only. Non Members will need to join up asap. On the days you choose to join us for the classes, no one else will be able to see you (unless you choose to have your profile visible), so feel free to stay in your PJ's! Even if some days...you just want to listen in and feel connected to like-minded people....please join us. This is what you need to know:

1) DeeVine Studio Yoga classes will be held ONLINE temporarily, until further notice.

2) Classes will be held on ZOOM, at 9.30am Monday, Tuesday, Thursday and Friday. You will also receive a bonus free gift each Wednesday. (Info on how to get your free ZOOM account below)

The gift will be another way you can practice yoga. The type of gifts will range from gratitude activities, practical things you can do at home to make yourself feel peaceful and a little happier, guided meditations, ideas for enjoying the simple pleasures in life, activities you can undertake to keep you healthy during this time of uncertainty, notes about wellbeing, chakra information and meditations, information about the Yamas and Niyamas and the other limbs of yoga, and sometimes I'll send images, videos and PDF's of the specific technique and alignment for correct execution of yoga poses.

3) You need to be a member to access our online classes. All memberships at DeeVine Studio are \$15 per week – both for current members, and for all new members who sign up in March 2020. Even if you were previously on a higher amount, you will now be switched to \$15 per week for the remainder of your membership – whether you stay with us for the next month or two....or another 15 years! So, everyone who is a member by 31 March 2020 will ALWAYS be on \$15 per week. Let me be VERY clear....if you were previously a casual visitor, PLEASE join us – even if you decide to cancel the membership and resume paying by the class, when we return to the studio at Oxenberry. You can sign up for membership at this link:

<https://express.ffapaysmart.com.au/ddr/eDDRForm.aspx?wltemplateid=3119190C98F8DDF0&ddrtype=9EC3A3F5A192F26F> . If you can't copy that link to your browser, you can click on the membership tab at www.deevinestudio.com.au, to be taken directly to the membership info and sign up page. Or text me.

Please be very confident that we WILL be returning to the studio. I have made an arrangement with the owners of Oxenberry, and I will continue to hire the room so that when we are able to return to our beautiful space, it will be ready for us. I'd love to return as soon as it is deemed healthy and safe enough to do so, so please stick with me through this interim measure.

Lastly, we WILL get through this, and we WILL return to normal life again. Throughout history, things like this have happened many times...we will get through it and will be able to reflect afterward and feel a sense of heightened gratefulness for the freedom and ability we have had (and will have again), to practice together in McLaren Vale.

Cherish your practice time. Keep it sacred.

Put it in your calendar and commit to it.

This time and this current situation is temporary. Keep that clearly in mind.

Breathe. Relax. Enjoy the benefits of nurturing your mind, body and heart.

Read on, about how to join the class on Zoom.....

IF YOU ALREADY HAVE A FREE ZOOM ACCOUNT:

Your Zoom online video classes with DeeVine Studio can be accessed each day by clicking on the link that I will email you, 5 minutes before the class begins (9.25am). I will be using the email address that you entered into PaySmart when you signed up as a member. So if you have a different email you'd prefer to receive the link at, please let me know by text or send your new info to deevine@chariot.com.au

Once you've clicked the link in your email and joined the 'class', just relax, lay back or sit, breathe and I'll begin the asana at 9.30am. See you on the mat...or in the garden...or on the beach. Or wherever you wish to take your practice. I'll be changing locations from time to time too, so you can have an interesting background 😊

IF YOU DONT HAVE A FREE ZOOM ACCOUNT YET:

Firstly, don't worry – I'm extremely technologically-challenged, and it only took me about 2 minutes to sign up!

Why ZOOM? I am aware that some people use iphones, some tablets, some android, some laptops – ZOOM is a FREE platform that can be accessed from any of these devices. There is no cost whatsoever.

- Go to your browser and search Zoom
- Click on "sign up, it's free" – blue button in the top right corner
- Enter your email and create a password. A link will be sent to your email to confirm the account
- Then follow the info on the section above "If you already have a free Zoom account".

That's it!

I look forward to seeing you on Monday morning from 9.25am onwards on Zoom, for a beautifully relaxing hatha class.

Namaste and warmest blessings to you and your family,

Dee Jones

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