

We Have Big News to Share With You! Anahata Yoga is Expanding!

Firstly, we want to thank you from the bottom of our hearts for supporting our beloved Studio by joining in our online classes!

During this challenging time, we are all finding new ways to thrive and to stay strong. And while the current situation is very hard on small businesses, we have been blessed with a special opportunity.

Anahata Yoga is excited to announce our partnership with The Healing Field Foundation, which is a 501(c)(3), headed by Elana Cohen Richmond (a long time student and supporter of Anahata Yoga Studio). The Foundation sponsors a profound emotional healing teaching called Emotional Martial Arts(R).

EMA teaches us conscious awareness of our emotions so that we have the tools to process them and to prevent them from unconsciously driving our perception and our behaviors.

Anahata Yoga and EMA are in perfect alignment, as we share the same core belief that an open heart is the foundation for healing on all levels.

With growth comes change and so we have come to a mutual agreement with our landlord to let go of our current studio space during this time of uncertain income flow. We do not know how long it will take before it will be safe to congregate in small spaces, and we are diligently working to ensure the financial stability of our Studio by reducing our overhead expenses and expanding our resources.

When our communities re-open, Anahata Yoga Studio and Emotional Martial Arts(R) will be co-creating our new sacred space to support this beautiful work. While it is possible that we may return to our current location, our intention is to find a new place that has the additional following aspects:

Larger room and possibly multiple rooms

More accessible parking

Beautiful view

Outdoor area for community gathering

Rest assured, we are at home working joyously together in our new partnership! We will let you know about additional offerings for online participation and connection, including:

more yoga classes, special yoga workshops, Emotional Martial Arts(R) teachings, guided meditations and more.

We know that change can often feel challenging. We deeply thank all of you for your continued support and will keep you updated as our expansion unfolds. We are excited that this time that has at first felt like a contraction is instead bringing us to a beautiful place of heart expansion.

From our open hearts to yours, we will see you online and meet you in the healing field!

Your Anahata Family

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