

March 2020



Yoga Classes
in the
Marble Works,
Middlebury

OTTER
CREEK
YOGA

Sadly, we have closed Otter Creek Yoga until the health risk of gathering in groups has passed. We apologize for any inconvenience this creates for our students, but feel that this is a necessary decision to protect those most vulnerable to the Covid-19 virus.

During this time we invite you to watch one of our home practice videos, which we are filming regularly. The latest one will always be on our home page, and look on our YouTube channel for past sessions.

Please take care of yourself,
your loved ones, and your
neighbors!

*My Body is my Home
and the Door to my Soul*

www.ottercreekyoga.com – 388 1961