



Wishing Tree Studio
ROOTED IN COMMUNITY

Supporting your mental health

.....
One thing that we always encourage in yoga is checking in with yourself. "How am I doing - physically, emotionally, spiritually..." This is a stressful time, so check in with yourself often.

Some tips from the CDC:

- Take breaks from watching, reading or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch, meditate. Eat healthy, well-balanced meals, exercise, sleep and avoid alcohol or drugs.
- Make time to unwind. Do some activities you enjoy.
- Connect (virtually) with others. Talk with people you trust about your concerns and how you are feeling.
- Call your health care provider if stress gets in the way of your daily activities for several days in a row.

Click [here](#) for more information.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Yoga in Uncertain Times

What a difference a month can make! Just four weeks ago, we were watching attendance ramp back up as members returned from winter vacations, busy holidays and illness. Workshops were being planned and scheduled. Now the studio sits empty. It's a bit weird...no it's very weird. But it doesn't mean that nothing is happening! We truly miss seeing you and practicing face to face. And we're busy planning for the future when all the craziness subsides. We're learning new skills and implementing new ways of working until things turn around. And they will turn around!

We have been truly touched by your concern for the studio. We have been blessed with a wonderful landlord and we have felt the energy of everyone in the community supporting each other.

Wishing Tree's generous, creative and talented instructors have helped to start an online video and audio library that you can use to continue your practice (see page 2). We are using Zoom to hold virtual classes and will continue to do more of our work on this platform. Watch for new material and Zoom meeting schedules on our Facebook page. If you don't use Facebook, let us know if you would like to receive Zoom invitations in your email. Please also let us know if there is anything else we can do to make this time little easier.

May we dwell in safety. May we be happy and healthy. May we be at peace. Namaste!



Check out our new video library!

Just like you, we're stuck at home. It's not all bad, though. It gives us a chance to pause and consider how we work. Yoga teachers from around the world are helping each other learn new ways to do things like share classes online. So, if you find yourself a little bored, a little stressed or just needing to move, check out Wishing Tree's new video library. It's free!

You can find it [here](#).

Click on the video pull down menu. If it's your first time visiting, you'll be asked to register. This is because the videos run from our webpage and not through Wellness Living, our online scheduler.

- 1) Click "Join Now" and this will take you to registration. (You can just go to "registration," of course, but we had to have this Join page for some reason and it's a nice page. Learning...)
- 2) Fill in the required information. You will get an email to confirm. Now the system will recognize your email address.
- 3) From here, you'll be sent back to the log in page. Log in with your email and password and you'll land in the library!
- 4) After your first visit, you can just go straight to the library. New videos and audio meditations will be added regularly! Contact us if you need assistance.



“The three factors that seem to have the greatest influence on increasing our happiness are our ability to reframe our situation more positively, our ability to experience gratitude, and our choice to be kind and generous.”

- Dalai Lama XIV, *The Book of Joy: Lasting Happiness in a Changing World*