**Quite a stretch YOGA & Zumba LTD.**

Our small business remained closed during the first wave of the COVID-19 pandemic March 12 – Sept. 14, 2020.

As of November 13, 2020, our community in Hamilton, Ontario, moved to **control – RED** category within the Provincial Covid-19 Framework.

Despite all of our own personal measures, the Chief Public Health Officer of Canada has predicted the transmission of the virus is dangerously on the rise. We are officially in the second wave of the Covid-19 Pandemic. **We take this seriously and have migrated all of our offerings to an online platform. For the safety of our community, we are moving all our offering to a VIRTUAL platform with a monthly class pass.**

**Monthly passes activate on the first of each month and expire at the last day of the month. Classes are LIVE and RECORDED. All recorded classes are uploaded for 48 hours to view and your convenience.**

***You are purchasing a month subscription. This is a digital platform subscription. THERE ARE RETURN, NO REFUND, NO PLACING YOUR PASS ON HOLD.***

Enjoy, learn and participate with your friends at Quite A Stretch Yoga from the comfort of your own safe space.

You will have full access to the following Yoga classes:

**Vinyasa: MON/WED 9:30-10:30am**

**Hatha: TUES/THURS 9:30-10:30am**

**Yin Yoga: MON 6:30-7:30pm, THURS 12:00-1:00pm, FRI 9:30-10:30am**

**Chair Yoga for Strength & Stability: MON/FRI 12:00-1:00pm**

**Yoga Nidra: THURS/SUN 8:00-9:00pm**

**Up to 10 live classes a week** and recordings are accessible for up to 48 hours after each live session. The very best of both worlds for all participants.

**QAS MONTHLY flat fee rate of $80.00 per month plus HST**

**Drop in class rate $15 plus HST**

**E-transfer your payment with name to** [**quiteastretchyoga@gmail.com**](mailto:quiteastretchyoga@gmail.com) **all payments apply to the 1st of each month and expire on the last day of the month. Example Dec 1 - Dec. 31 (no class on Dec 24/25/26)**

During both crises, we are, and have, committed to paying our overhead costs while our revenue has been drastically reduced. If you are in a financial position to do so, **please consider placing a small contribution to help us sustain operations at this time.**

**To donate**, you may transfer funds to [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com) using Interac e-transfers. Add a comment/note to indicate that you’re sending a donation to help support the studio. **Your contribution, however small, will be greatly appreciated.**

See you on the mat soon!

Virtually yours,

Quite A Stretch Team!