



It is with our best intentions for the wellness of our entire community that beginning the evening of Monday, March 16th, we have canceled in-person classes. Smith County just issued a disaster declaration that enacts our city's Emergency Response Plan, and this will remain in effect for 7 days. We will resume teaching in-person in accordance with best practices by leaders in health and government. Because of this disaster declaration, in-person classes will be canceled until at least March 23. Updates will be posted online, via email, through our social media channels and on our website.

Beginning this week, beFree is going virtual with LIVE STREAMING CLASSES & ONLINE YOGA, for the duration of this break. You will still be able to practice with the teachers you know and love, from the comfort and safety of your home. We will communicate instructions by Tuesday, March 17 to let you know exactly how the online classes work and what to expect. Memberships and class-passes will be used to sign-up and sign-up will be similar to in-person classes via our integration with Wellness Living scheduling software. Look for an update and details t.

WE NEED YOUR SUPPORT NOW MORE THAN EVER!

Here's how we can get through this together:

1) Sign up for our online offerings as soon as they are available. Expect to see these online offerings appear starting Tues Mar 17. You will be able to sign up on our homepage or with your Wellness Living account just like you would normally for an in-person class

2)Keep your membership which will get you access to all of our live streaming classes and to many extra online workshops and offerings, and will ensure that we are all stable so that when you are able to return to in-person classes, we are still here for you. Buy a class pass or gift card to use in the future. All expiration dates are being waived.

3) Effective immediately, beFree is adding a one week credit to every member's account so that you do not lose even one week of your intro special, monthly membership, 6 month membership, or annual membership.

This is truly an unprecedented time and we are navigating into uncharted territory. We are working to provide you, our beloved students, with as much value as we can while still maintaining our own health and wellness, and most importantly the health and wellness of those who are at highest risk among us. Hang in there, beFree Family! We are truly in this together and we fully believe that together, we will not only make it through but discover the light that lives in this shadow. The forced slowdown provided by these governmental mandates allows us all more time to reflect, deep breathe, and BE STILL. We are right alongside you and look forward to seeing you in the online capacity while we ride this out.