**Hello everyone**

Since sending out the email last night, a number of challenges have presented themselves, which makes the ongoing operation of the studio far more difficult that it was 24 hours ago. For this reason I feel we now need to call time on running classes after today.

Naturally we are very sorry to have reached this point, but there was a certain amount of inevitably - **the last class will take place today as per the schedule.**

After this, there will be no further classes until further notice. You will all be taken out of any class bookings you may have from tomorrow onwards. Your credits of classes for any class packs or drop ins will be left on your account.

All autopay monthly members and annuals are suspended as from 18th March - re: yesterdays email.

We are now fully focused on trying to deliver a live stream alternative. As soon as we have more details for this I will of course be sending out how to sign up and the instructions for the plan going forward. **Watch our social media for news.**

We hope to launch in the next 48 hours all being well. The world is now using everything online, software like zoom even crashed on us today, so we are working with some news ideas to get around these challenges too. Wait and see!

We have a number of pre recorded videos already loaded with Lucy, Sam, Katy and Lou - more will come as time moves on. We will be asking you to sign up each week, to see the live classes and some pre-recorded ones. Each week will be different - that's the hope..

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Again, may I say I'm sorry for the change of direction at such short notice, but due to current circumstances it has now become impossible to deliver the schedule at the studio even with such smaller class sizes and despite the words of support offered by so many of you.

I think you all you all know the Ebb&Flow team didn't want to make this decision unless we had to. We always try to act responsibly and with integrity.

Lets bring our wonderful community together via the live streaming - I can't wait to see all the images of our community practicing at home!

Love Jill x