

Dear Yoga Lab Community,

The Yoga Lab's lease is expiring at the end of this year. After deep soul searching, looking at the finances of The Yoga Lab, considering the uncertainty of this lingering pandemic, and being honest about what is best for the well-being of my family, I have decided to not renew our lease.

This decision was difficult and heartbreaking. The most challenging part is knowing, from the feedback we have gotten from you, how the yoga lab has been a sanctuary and sanity saver for our community. Some of you have been part of our yoga family since before our opening in 2013.

On a more hopeful note, The Yoga Lab will continue to exist as a community hub, via newsletters and social media, for its teachers and students. I will send out updates, approximately monthly, of where our teachers are teaching, special events they are offering, and highlights of their lives they would like to share.

Personally, I will continue to teach yoga, teaching at Suttle Lake during the summer, and perhaps offering some workshops and retreats.

My main business focus will be on real estate. I aim to bring support, integrity and value to all my clients while they are making some of the most important decisions and purchases of their lives.

I am proud of how the yoga lab has and is navigating the pandemic. I'm sad about times when I have been struggling to be present for The Yoga Lab while juggling two businesses (yoga-studio and real estate) and doing my best to lend support and visit my husband while he is working out of town. I am looking forward to not being pulled in so many directions.

Please keep in touch with me. Please keep in touch with our teachers. We adore you guys and the possibility of us not seeing as much of you in the future is devastating.

Having been able to provide this place of sanctuary, connection, and playful exploration has been an honor and privilege. I will deeply miss this aspect of studio ownership.

More exact details of the unfolding and phase out of the yoga lab will follow in the next few weeks. Please come in and use your class packs. If you are on unlimited auto pay, we can prorate the last month if you like.

With much love,

Ulla