The COVID-19 crisis has thrown up new challenges and risks. I want to respond to different individual needs. Lessons in the pre-Covid era are still on offer, something as close as possible to the lessons before lockdown. Surprisingly, in some instances, the minor restrictions actually have improved things.

There are other options that offer varying degrees of contact:

* There is the possibility of a socially distanced non-contact lesson. I have been surprised how effective this can be - far more so than a Zoom session.
* A movement lesson outside which can easily be arranged.
* A Face-time, Zoom or telephone link connection can be arranged.

I am planning to restart the Mindful-in-Action group work which can be managed within all the government guidelines and restrictions. Further details will appear later.

Thanks so much again for all your help and support.

John