

Dear Friends,

Thank you for visiting our newly-designed homepage! If you are here for the first time - welcome! We hope you find what you are looking for. This is the central location for all programs offered remotely while we navigate the changing landscape of life during a global pandemic.

This place we call 5809 YOGA - in its physical, energetic and, now, virtual form – has become the heart center of a beautiful, wise and ever-changing community. Classes are all taught by our yoga family of five teachers (Sharon, Summer, Steve, Zac, and David). We enjoy each other immensely and feel honored to be part of this yoga community. We find that our personal practice is especially vibrant and transformative during this time of uncertainty and instability.

Since opening in 2010, building 'sangha' (spiritual community) has been one of our central intentions. After ten years of classes, retreats, workshops, gatherings and countless hours of moving and breathing together, we are filled with joy to see the vibrant community that has blossomed in our homey space. Since sangha transcends physical space, we hope you feel held by this community even though right now we cannot be together in person.

Thank you for giving yourself the gift of Yoga. We know that the world is a better place when we take pause to listen to our inner voice and align ourselves with the inward flow of peaceful awareness. The wonderful thing about Yoga is that you carry it with you, wherever you are. Yes, guidance from a skillful teacher can point you in the right direction, a room full of fellow practitioners can create a group energy that is uplifting, and a yoga studio can feel supportive and comforting. But, ultimately, your Yoga is an individual journey that lives within you. Presence with other people awakens your capacity for compassion and wholeness that you already have within yourself.

Rather than jump too quickly into taking our teaching online, we have taken pause to think carefully about how to proceed in a way that extends our interest in offering quality yoga with a capital "Y" beyond the studio and into your home. Our hope is that these programs may support you in your personal practice now and into the future.

Like countless others, our yoga income has very abruptly disappeared. Your purchase of these programs will help us sustain the studio and support us to create more content at even higher quality (we have a plan!) Mark your calendar to visit this site frequently, as we will regularly offer you a variety of new and exciting classes and programs.

We have intentionally kept the cost low to make our online offerings as accessible as possible. In addition to this cost, we invite you to make a donation as a practice of "dana, selfless generosity. All donations are equally appreciated. Please click the link below to be connected to the 5809 Yoga donation page.

Lastly, we would love your feedback, so please email us and tell us what you think. We will listen!

Blessings to you and your practice,
Sharon, Summer, Steve, Zac, and David