

Good afternoon, clients and patients:

After much thoughtful deliberation it is with a heavy heart that I have decided to close the clinic and yoga studio for at least the next two weeks. With the COVID-19 events developing around the city, the country and the globe, I have come to the realization that closure is the most responsible action I can take at this stage to limit social contact. Based on future information from the Governor's office, as well as the Washington Department of Health, I will continue to assess whether or not to extend that closure beyond the end of March.

For visits currently scheduled through March 30th you will receive notice of your cancelation(s) via your typical communication mode (text or email) shortly. For those of you with recurring visits, no action is needed, as we will start back up with your regular schedule after March 30th. For those without a scheduled appointment beyond March 30th, please either contact me directly for scheduling options or visit my website to proactively select a date/time which works best for you in April:

<https://ehr.unifiedpractice.com/Public/OnlineBooking?ClinicUid=c26ef0d9-9c24-4d59-aaaa-bac252b27590>

My biggest concern is for you, my clients and patients. Closing the clinic temporarily, until the risks have subsided, is the wisest option and was driven by several items:

- The Seattle Institute of East Asian Medicine, where I teach and which has also temporarily closed, determined that:
 - o "Despite all of our best efforts to make the school and clinic as safe as possible, we, like most small medical facilities [including Foster Wellness], are not equipped to officially detect or isolate patients from this virus."
- As of today, the Washington State Department of Health has determined that:
 - o "COVID-19 is [still] spreading in several communities in Washington, the risk of exposure is increasing for people who live in our state."
- The Yoga Alliance, the national governing body for yoga instructors, released the following recommendation today:
 - o "We are strongly recommending for communities where social distancing has become required [i.e., in Seattle/King County], recommended, or the community norm, that all in-person yoga instruction be canceled until the need for social distancing has passed, at which time we can evaluate our recommendation, including the safety of resuming regular or modified practice schedules."

In the 11 years I've been practicing, no professional decision has been more difficult to make than this one, so thank you for your patience and understanding. Please reach out to me if you have questions, and I wish you all continued good health.

Greg.

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