

August 17, 2019

Dear SpringStone Yoga Community,

Ok... this IS a long email. I know....There was just no short way around this. The content of passing the baton deserves explanation....Hence the long email. Thank you for understanding.

The law of “dharma” is that: Everyone has a purpose in life....a unique gift to give to others. And when we blend this unique gift with service to others, we experience the joy of our own spirit, which is the ultimate goal.

Nineteen years ago, I stepped into my first yoga class. It was from that day forward, no exaggeration....I knew yoga was what I wanted to explore and teach for the rest of my life. Truly. I got into the river of my dharma and delved deep into yoga practice and study. Around 12 years ago, this led me to open SpringStone Yoga , an oasis for the study of yoga in a safe and supportive environment that would support the health, healing and wellbeing of the Rome community.

The past 12 years of having SpringStone Yoga, I have witnessed the amazing power of yoga to transform lives. It has been beyond rewarding to work with such a wonderful yoga community in group classes, private lessons and with my teacher trainings. I am beyond blessed to do what I love in a place that is amazing, surrounded by an amazing community of students and fellow teachers. With all this though....there has been a undercurrent of needed change shifting into my river. This current of change has been present for the past few years. This current is God speaking to me that it is time for a shift. This shift is one that will allow me to work with students in a deeper and more meaningful way through longer class formats, like workshops and retreats instead of shorter weekly classes. As one current of change starts to strengthen, another starts to weaken. For the last year or so, I have seen the current of energy that is needed to give SpringStone what it needs to grow and thrive lessen within me. My inner voice has been telling me the studio needs fresh eyes, and new energy to take carry it forward into the future. Out of deep love for our community and to help SpringStone continue to thrive in the years to come, I know it is time for new leadership.

The only constant thing in life is ...change or impermanence, and this is an important tenant of the yoga tradition.

Yoga has taught me to listen to my intuition, follow my heart and move bravely forward into my dharma. I knew that God had a plan and that if I bravely trusted my intuition and stepped away from owning and directing SpringStone that there would be the right person that would also be following their dharma, their inner voice that could take my place.

When you let go and trust all things fall into place.

This person has come forward and they have been a part of SpringStone for the past three years. I have had the pleasure of getting to know her better the past several weeks as we discussed the possibility of her owning and directing the studio. Over these discussions, I have come to a place knowing that this is a positive move for both her and I and for the life of the SpringStone Yoga community.

Passing on the baton....Tanaya Larsen will be taking the reins this fall as owner and director. She will be in touch with our community soon, but let me share a little bit about Tanaya in case you don't know her. She has taught at SpringStone for the past three years and has spent many years working in the health promotion field. She has a degree in Exercise Science and brings a strong passion for yoga and for encouraging others to live to their highest potential. She is a mom of three, a runner and has a love for the Rome community. Tanaya also has an entrepreneurial spirit as she has headed up the community organization *Rome, GA with Kids*. This is a wonderful online resource for families in Rome to be informed about and connect to family friendly events in Rome. Along with all the experience that Tanaya brings to SpringStone, she also brings fresh eyes, fresh ideas and energy. SpringStone needs this and I am very excited to watch Tanaya fill this new role and move SpringStone forward into an even brighter future.

Over the next few weeks, Tanaya and I will be working together toward making this transition as smooth and seamless as possible. I look forward to working with her to help prepare her to take the leadership role at SpringStone and to also guide her in assuming my group classes. I know she is so eager to get to know our community better and meet our students and work with them this fall. I ask for your continued support of SpringStone Yoga and a warm and open heart welcome for Tanaya.

Many of you have been with me since I opened SpringStone 12 years ago. Back then I was still a "newish" developing teacher and over the years kept training, practicing, and studying to deepen my knowledge and improve my teaching skills. Please know that this will be the same for Tanaya. She has a true passion to lead and develop herself as a teacher just as I did 12 years ago. Respect that we are different and will have different leadership and teaching styles and that it will take some time for her to get to know you and get a feel for teaching my classes in a way that will be of service to you with her own style and gifts. I highly encourage my weekly group class students to continue your classes with her and grow with her as many of you have done with me over the past decade.

Rest assured, I will still be a part of SpringStone Yoga. I will return to teach at SpringStone for special one-day classes and workshops throughout the year and also continue to teach private sessions at SpringStone. I am also passionate about offering yoga and meditation retreats supported by nature that will offer students the opportunity to unplug and renew on deeper levels. I will continue to offer these retreats in Georgia and in the U.S. and internationally. Along with this, I am also called to develop advanced courses for teacher trainers that delve into integrating somatic movement practices with yoga and somatic meditation. These are all the strong under currents that I have been experiencing that I need to listen to and act on. I will still see you at SpringStone for workshops and if you would like to keep up to date with my schedule of retreats and events moving forward, I invite you to stay in touch via my website www.lynnjacobs.com. I have a day long retreat at Rising Fawn Gardens in northeast Georgia, October 12th and will offer a half day workshop at SpringStone, Saturday, December 7th on *Yoga for the Immune System ~A workshop for optimal health this winter*.

A few specifics to help you with the transition, especially for my weekly group class students. Tanaya and I will work together the next few weeks to help prepare her as she assumes ownership next week. She will officially begin her role as Director beginning September 1st and will assume teaching my three

weekly group classes starting the fall session. The days, times and levels of those classes will remain the same; Monday, 10 am Gentle, Tuesday, 4:30 Active and Thursday, 10am Active, but Tanaya will be the teacher for those classes. Regarding all of our classes and teachers schedules, they will remain the same. Also look for a positive shift with more classes and teachers on the schedule as Tanaya puts her passion and energy into growing our offerings. For my students that attend my weekly group classes, I highly encourage you to continue with these classes with Tanaya this fall. Also, for students that haven't attended in awhile, the upcoming fall session is a great time to get started. You can register for all our fall classes on our SCHEDULE page of our website.

Lastly as much as this is the right thing to do, to keep following my dharma, listening to the inner voice of God, and even though I will still be a part of SpringStone Yoga, it will also come with sadness and grief as I leave a role and a creation that has been a huge part of my life and the life of my family for over a decade. With this.....I must give a few deep bows of gratitude to close. A deep bow to all my students and teacher training students. Thank you for sharing your love and for being my greatest teacher! By the power of your example, you keep reminding me what it means to be a caring human being. Thank you to all teachers at SpringStone that have supported the studio throughout the years and being such a blessing to work with. Lastly, a deep bow to my husband, Konrad Jacobs. I wouldn't have been able to do what I have done with SpringStone over the past decade without his unwavering support. Beyond his daily support, he has among *numerous* other things, recruited his soccer team to help move a studio three times to its past 3 locations, refinished floors and painted walls, and climbed into a dingy attic to empty buckets of rain water from a leaking roof at the old studio every month. So much more that he has done..... Needless to say a deep bow to him is needed.

I am excited for the next chapter beginning at SpringStone. Please welcome Tanaya with a warm and open heart. Embrace the power of change and its opportunity for new growth. I know Tanaya is eager to work with you all and get to know you better. Look to receive a welcome letter from her soon. I know moving forward, Tanaya, myself, the SpringStone instructors, and the SpringStone Yoga community will thrive and support each other to live to our highest potential. I can't see it being any other way! ;-)

The only way to make sense of change is to plunge into it, move with it, and join the dance....

With two hands together and a deep bow of gratitude,

Lynne