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Happy Friday, Villagers



Tips for the Soul

The Bodhisattva Response to Coronavirus

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Dear Friends,

We have a choice.

Epidemics, like earthquakes, tornadoes and floods, are part of the cycle of life on planet Earth.

How will we respond?

With greed, hatred, fear and ignorance? This only brings more suffering.

Or with generosity, clarity, steadiness and love?

This is the time for love.

([read on](#))

visit the [Pandemic Link](#) for an assortment of resources

[Online Offerings @ Spirit Rock](#)

NOW THROUGH APRIL 15, EVERY RETREAT AND PROGRAM ONLINE AND BY DONATION

The need for Dharma is stronger than ever as we navigate this new global health emergency. Together and individually, we can embrace these conditions as the context of our practice, grateful for the teachings and for one another during these complex times

Lumosity Mind



Through the end of April, Lumosity Mind offers free content to "help keep minds healthy during the current pandemic and the anxieties it may bring" through their Lumosity Mind mindfulness app.

FOR THE BRAIN



Communication

During periods of social distancing, it can be easy to feel isolated and alone. By joining or creating a [Nextdoor Group](#), you can easily stay connected with your neighbors, communicate about topics you care about, and organize ways to help each other. You can create a Group just for your neighborhood, your nearby neighborhoods, or a city-wide Group so that neighbors have a wider area to call on for support. Try organizing a group for parents to stay connected during school closures, or around hobbies to keep entertained.

[TravelZoo Presents 20 Amazing Places You Can Visit Without Leaving Home](#)

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Some day—and we hope it's soon—readers who find this page will wonder why a travel publisher would suggest they take virtual tours of some of the world's greatest sites instead of simply *visiting*. After all, aren't the places on this list among the enduring reasons we go?

For the Body

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Yoga is a great way to cope with anxiety and stress as well as to strengthen the immune system. This week, Stacie Dooreck's yoga and chair yoga is available on Marin TV (Ch 99 and 26) or live streaming on cmcm.tv

[Chair Yoga \(2 different episodes\)](#)

[3/27- 8 & 8:30AM](#)

[3/29- 7 & 7:30AM](#)

Yoga for Energy with Gentle Yoga Adaptions

[3/28- 8AM](#)

Groceries/Supplies

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Target Wednesdays 9-10

if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**

CVS is offering [free delivery](#) of prescriptions and everyday essentials.



Shopping Tips

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.



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