

757swim,

We've made it to the first weekend of the new normal. We've enjoyed some beautiful sunny days this week, the warm spring air brings so much hope for a new season, but let's face it, there is a lot of uncertainty right now. One thing we both know is that stoking the fire of community is how we will get through this.

Earlier this week, we had a video chat to share ideas about keeping our respective communities engaged. You see, Studio South and 757Swim are very similar in that our cultures are so strong that we go beyond rosters and client lists ... our people are a tribe.

We began to share our ideas about the types of ways we would each keep our tribes thriving and we were struck by how important it was to meet our members needs both on and off the mat and in and out of the pool.

So many of you are at home with school-aged children who, for the most part, have gotten into a groove of "new normal" for their school work, but are sorely missing their practices, work-outs and comradery of their sports teams.

We both realized the Studio South community can benefit from learning how to nurture our sports athletes during this time of isolation, and the 757Swim family is eager to add yoga, mindfulness, and relaxation skills to their toolbox. After a short time, we both recognized that we could serve our communities – better together.

So we are!

Starting very soon and throughout this journey we are all on, we are going to strategically partner to expand services to you. We have a handful of fun ideas and are committed to growing this "exchange program."

This week, Katy curated a mindfulness session (via web) for the 757swim and Morgan put together a discussion of the book "The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind," which has been made available to "both tribes."

https://zoom.us/rec/play/6Mcpc7z7-mg3TtCQtQSDBfJ_W9W0JqmsgyUarPdfmU62VHEHNVCnb7dEY7ftbBHOXyMq54oCBHCHkDBL

https://www.youtube.com/channel/UCp_Vpni62kyh64dXimDtkqA

We will push out more fun "group projects" soon.

As leaders, "we not me" feels very appropriate right now. We've had to make very hard decisions that will keep our tribes physically separated, but we are committed, more than ever, to find community in the isolation and love and light during stressful times.

Stay tuned!

Katy + Morgan