

Monday January 11, 2021

## **“I can’t imagine.....Quarantine”**

Manna’s has been an important part of our family’s life for years - and we are grateful that since the stay at home orders, the Manna’s team was able to keep our training going! With both distance and in person options, me & my two sons have been able to stay active and keep in touch with the Manna’s family. A highlight was this year’s karate camp, where we were able to train with master instructors who could not otherwise travel in person to camp.

The opportunity to keep our minds, bodies, and spirits engaged for ourselves and with our friends at Manna’s has been wonderful - I can’t imagine how different this quarantine time would be without it. Thank you Manna’s team!

Tang Soo!

John