



SAFE STUDIO STANDARDS.

1. **MORE SPACE IN THE CLASS** · Mats in the studio are spaced out to allow for social distancing. Each mat space is marked with tape and only marked spots may be used. Mat spaces will be filled from the front of the studio and we ask that at the end of the class yogis in the back rows leave first.

2. **SIGNIFICANTLY REDUCED TIMETABLE** - It is very early days and this is a trial for all of us. With that in mind we have created a few classes to begin with and we will not be having classes on in both studios running consecutively to keep the traffic to a minimum. We will review the timetable each week and amend it on demand.

3. **SPOTLESS** · We ask that everyone entering the studio to sanitise or wash their hands immediately on entry, and upon leaving. Sanitisation stations are available at reception, as well as in the toilets. Paper towels are available for drying hands after washing. Anti bacterial cleaner is also available to use in the toilets, and we ask that you would be so kind as to wipe taps, surfaces and door handles after using the toilets. We also ask that shoes are left at the entrance.

4. **MANDATORY CLASS BOOKING** · All classes need to be booked online as classes are limited to a maximum number of 8. No walk-ins are allowed to manage the number of people in reception area and in the studio space. We also have in place a strict 24hrs cancellation policy. Please respect this as spaces are so limited.

5. **COME READY TO PRACTICE** · Studio doors will open 10 minutes before a scheduled class in order to maintain smooth running of classes · As much as we love to spend time chatting, we need to have time for cleaning immediately after your scheduled class, especially if we eventually open up more.

Ideally come ready to practice in your Yoga clothing, and with your props and water bottles. Unfortunately, we are unable to provide props for the immediate future. Please bring your own Yoga mat, but if you don't have a Yoga brick, just let the instructor know at the beginning of the session. Also remember to bring water. We do have a tap in the toilets where you can fill your bottle, but cannot provide glasses.

6. **MORE CLEAN AIR** · Our ventilation system brings in fresh air and removes existing air. We have increased the fan rates to full capacity in compliance with government guidelines. In addition, windows and doors will be opened between classes to fully change the air in the space. · While in class, we ask that yogis avoid breathing through the mouth – the good old ujjayi breathing through the nose is our practice.

7. **MORE SPACE EVERYWHERE** · We ask that yogis coming to the studio observe social distancing throughout, including in reception and changing rooms.

8. **CHECK IN WITH YOURSELF** · We request that you do not enter the studio if you are experiencing any Covid-19 symptoms, however minor. Not coming to the studio with fever, cough or other symptoms is always important, and now it is absolutely necessary. In addition, we ask that you stay away from the studio for the specified period of quarantine if you have been in contact with someone infected with Covid-19 or if you have travelled to a country/area where you need to stay in quarantine afterwards. Before your first class back at the studio, you need to review and accept revised Terms and Conditions where we ask that you take full accountability for not coming to the studio if you are experiencing any symptoms.