

### Covid Class Procedures:

With limited classes and limited space, we have put the following protocol in place:

- Students are strongly suggested to pre-register for class. We will only have 10 spots available maximum.
- There will be socially distanced markings on the floor for where to put your mat. We will open 15 minutes before class for you to choose a spot.
- Bring as little personal belongings into the studio as you can. Leave your shoes on the mat, wash your hands or use hand sanitizer, and set up for class.
- You must wear a mask in the studio but you may take it off on your mat if it proves challenging to breathe well during practice.
- A new risk waiver will be required on file for everyone starting with our new schedule. Please stop at the desk when you come in.
- Props will not be provided for class. You are encouraged to bring props from home. We will have studio blocks, mats and bolsters for sale while supplies last.
- Please bring your own water bottle. Water will not be provided at the studio until further notice.
- Register for class and pay online whenever possible to avoid minimal exchanges at the front desk. Of course we will take care of in person needs including product purchases.
- Please wipe the bathroom down with disinfectant wipes provided where you've touched after use.
- Refrain from greeting others with handshakes, hugs or other personal contact. There will be no hands on adjustments used in class.
- If you or anyone in your house is experiencing any symptoms of being unwell, or have a cough, do not come to the studio.

### Our Cleaning Procedures:

- Our studio is thoroughly deep cleaned regularly.
- Our floors will be steam cleaned every day after classes.
- Hand sanitizer and disinfectant spray will be provided to you.
- We will sage our space before each class which clears energy and has shown to disinfect the air.
- All commonly touched surfaces (doors, light switches, handles, computer key board, etc.) will be disinfected after each class.
- The bathroom will be thoroughly disinfected.
- We will diffuse OnGuard in the studio for class. An essential oil blend known for its disinfectant properties.