



COVID SECURE CLASS GUIDE

For In Person Yoga

PRE BOOK CLASS

We have a range of classes from in person to online including open classes, courses and pop up events. All sessions need to be booked in advance to manage and limit class numbers for everyones comfort and safety.

PRE PAY

When you book you will also need to pay to enable a cashless operation. Due to the limited class capacity all bookings are non refundable and non transferable unless you need to cancel due to developing Covid related symptoms.

ARRIVE READY TO YOGA

Come dressed in your yoga clothes with only essential personal items to minimise waiting times for the bathrooms. Wait on the spot markers to use the bathrooms with a 1:1 out system. Please use the wipes to wipe down touch points following your bathroom usage.

CLASS ARRIVAL

In person classes have an arrival time and a class start time, giving you 15 mins to arrive and get settled. If you arrive prior to the arrival time please wait outside or in your car. At present there are no back to back classes for ease of managing flow through the buildings.



WELCOME BACK KINDNESS MATTERS

BRING YOUR OWN YOGA MAT & ANY PROPS YOU NEED



PLACE YOUR MAT ON THE SPOT MARKERS WHICH ARE 2M+ APART



2M+ APART

DURING CLASS

Please stay on your mat and socially distanced
No partner work or hands on assists
Lions breath & breath of fire will not be taught
You do not need a mask for class
If you'd like to wear a mask you are welcome

HAND & FEET HYGIENE

Hand sanitizer, hand washing facilities & wipes available at class
Clean hands before & after class, either use socks for walking across yoga space floor or wipe feet as well as hands.

CLEAN YOUR MAT REGULARLY SPRAY, WIPE, WASHING MACHINE

ANY CONCERNS, QUESTIONS OR REQUESTS TALK TO LAURA DIRECTLY & IN CONFIDENCE

