



COVID SECURE CLASS GUIDE

PRE-BOOK & PAY

All sessions need to be pre-booked in advance with your teacher to reserve your spot and arrange payment. Class sizes are limited for everyone's comfort and safety.

ARRIVE READY TO YOGA

Arrive 5-10 minutes before class, socially distancing whilst waiting outside the entrance.

Come dressed in your yoga clothes with only essential personal items and place these on to a hook or in to a cubbyhole.

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



2M APART



BRING YOUR OWN YOGA MAT & ANY PROPS YOU NEED

DURING CLASS

Please stay on your mat and socially distanced.

There will not be any hands on assists or dynamic breath work.

You are not required to wear a face covering for class unless you'd like to.

USING THE LOO

After using the WC please wash your hands thoroughly and spray/wipe down all touch points including door handles.

AFTER CLASS

Please clean your marker mat and space around your mat using the anti-bacterial spray and towel.

Social distance when exiting the studio. This may mean exiting through the back door.

HAND & FEET HYGIENE

Hand sanitiser & hand washing facilities are available in the studio.

Clean hands before & after class. Either use socks for walking across yoga space floor or sanitise feet as well as hands.

**CLEAN YOUR MAT REGULARLY
SPRAY, WIPE, WASHING
MACHINE**

**TALK TO YOUR TEACHER IF
YOU HAVE ANY QUESTIONS OR
CONCERNS**