



COVID SECURE CLASS GUIDE

For In Person Yoga

PRE BOOK CLASS

All sessions need to be booked in advance to manage and limit class numbers for everyone's comfort and safety.

PRE PAY

When you book you will also need to pay to enable a cashless operation.

Due to limited class capacity all in person 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, which will be kept next to your mat.

Toilets are available for use on a one in, one out basis. Please use the wipes provided to wipe down touch points following your bathroom useage.

CLASS ARRIVAL

In person classes have an arrival time and a class start time, giving you 5- 10 mins to come in and get settled.

If you arrive prior to the arrival time please wait outside, at a safe distance from other attendees, or in your vehicle.

Please wear a face covering as you enter the building, until you arrive at your practice spot.

Welcome
Back



Flow
Wonderful

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.

You do not need to wear a face covering during the class (unless you are leaving your mat), but if you'd prefer to keep it on you are welcome.

HAND & FEET HYGIENE

Hand sanitiser and hand washing facilities are available at class.

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



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