



# COVID SECURE CLASS GUIDE

For in Person Yoga

## WELCOME BACK KINDNESS MATTERS



### PRE BOOK/PRE PAY

All classes are now bookable in a block of five weeks. Course blocks need to be booked and paid for 2 weeks in advance to manage and limit class numbers for everyone's comfort and safety. Once payment has been received credits will be added to your account so you can book onto the block. Due to the limited capacity all bookings are non refundable and non transferable, if you are unable to attend due to COVID related symptoms, you can attend class via zoom. All bookings are made via BookyWay, if you don't have access yet please drop me an email.

### ARRIVE READY FOR YOGA

Come dressed in your yoga clothes with only essential personal items. Please arrive 15 minutes before the start time to allow you to get settled. If you arrive prior to the arrival time please wait outside or in your car.

Please wear a mask to enter and exit the hall. Hand sanitizer, hand washing facilities are available at class, or you can bring your own. Clean your hands before and after class, either use socks for walking across the yoga space floor or wipe your feet as well as your hands.

Bring your own mat & any props you need

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



### DURING CLASS

Please stay on your mat and socially distanced from others. No hands on assists will be given.

You do not need a mask for class, however if you would like to wear one you are welcome to.

Clean your mat regularly, spray, wipe or washing machine

### SYMPTOMS

Please do not come to class if either you or a member of your household/bubble are displaying COVID related symptoms, you can attend class via zoom. Please also let me know if you display any symptoms after attending class.

Any concerns, questions or requests talk to Sarah directly and in confidence.

Cant wait to see you at an in person class!