



# COVID SECURE CLASS GUIDE AFTER RESTRICTIONS LIFTED



For in Person Yoga

## WELCOME BACK I CANT WAIT TO SEE YOU ON THE ACTUAL MAT!



### PRE BOOK/PRE PAY

All classes need to be booked in advance to manage and limit class numbers for everyones comfort and safety. Bookings are to be made by BookyWay, if you are not set up yet then please email or call me for more details

To enable you to book onto a class you will need to purchase credits, which will be applied to your BookyWay account. Payment is by direct bank transfer. For details please email me. You are able to cancel your space, and have your credits refunded, up to 1 hour in before the class. If you cancel with less than an hours notice your credits will not be refunded

### BRING YOUR OWN MAT AND PROPS

I will no longer be providing mats, blocks or straps. Please bring your own to class. Mats and blocks can be purchased cheaply on Amazon, and you can use a dressing gown tie or scarf in place of a strap - in the same way we have practiced on zoom. Its a good idea for you to have your own so that you can then continue your practice at home.



### CLASS SIZE

Initially class size will be restricted to 8 people. This allows for 2 m between mat. This will increase over time, it is to ensure everyones safety.



### DURING CLASS

No hands on assists will be given, unless you give permission. I will provide you with cards to place at the top of your mat so you are able to change your mind at anytime

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 are displaying COVID related symptoms. 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!