

HEALTH & SAFETY AT STUDIO YOGA

DO'S

- ✓ Bring your own mat and any other equipment
- ✓ Book and pay for your class online
- ✓ Arrive on time, but wait in your car if you're more than 10 minutes early
- ✓ Use the floor markers in the studio
- ✓ Maintain social distancing at all times
- ✓ Use handsanitiser on arrival
- ✓ Leave shoes/coats in the lobby and keep everything else with you
- ✓ Wear a mask if you want, but it's not mandatory
- ✓ Bring your own water bottle

DON'TS

- ✗ Come to class if you are feeling unwell, or someone in your household is ill
- ✗ Arrive too early. We've spaced out the classes to allow for extra cleaning time
- ✗ Overcrowd the lobby area. Leave your shoes/coat there and go straight into the studio
- ✗ Use the studio props. We sell new mats and yoga kit if you need them
- ✗ Expect any hands-on adjustments for now
- ✗ Use the kitchen facilities except to fill up your water bottle