

YOU MUST **PRE-REGISTER** AND **PRE-PAY** FOR IN PERSON STUDIO CLASSES VIA **MINDBODY**.

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If you have any of the following symptoms or even the slightest thought you are not well, please do not come to class (*now and always*).

- Cough
- Shortness of breath or difficulty
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

• If you are sneezing and coughing but otherwise feel well, allergies, etc. We kindly request you practice online until symptoms lessen so not to draw attention in a public class setting.

- **Arrive 5-15 minutes before the start of class**, no earlier.

Arrive dressed ready to practice. Doors will be closed promptly at the start time of class. Late comers will not be allowed in.



- Upon entering and leaving please wear a **protective face covering**. (*not required on the mat*).

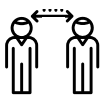


- **Sanitise your hands** before and after class.



- Please be aware of your surroundings and practice **keeping distance** between your fellow community members. No gathering in the studio.

- Bring **your own mat**, props, towels and bottle of water.



- Place your mat down on **designated taped space** and get settled on your mat. *No wandering around the studio.*

- We lovingly request that you **use the bathroom before arriving at the studio**.

Please do not leave your mat during class to go to the toilet unless an emergency.



- We will **ventilate** the studio between every class. Class time will be spaced to allow for this process to be done thoroughly. UV Disinfection Lights and space ventilation.

WE PLAN ON CONTINUING OUR ONLINE OFFERINGS INTO THE FORESEEABLE FUTURE.

ONLINE CLASSES WILL CONTINUE TO BE A WONDERFUL OPTION FOR YOU AS YOU TAKE YOUR TIME IN THIS TRANSITION.