



## STUDIO GUIDELINES FOR YOGA STUDENTS

### CLASSES/TIMES

The studio will reopen with a reduced number of classes. We will add new classes in a matter of weeks. We have restricted class capacity to a maximum of five students for each class to ensure the appropriate social distancing. Our yoga equipment is not available for the time being, therefore, students need to bring their yoga kit, plus a shoe bag and water. We have marked the floor where mats have to be placed. There will be a 30 minutes interval between classes to give enough time for cleaning and to avoid congestion at the exit. We had to rearrange the timetable. Therefore, some classes have a new time. We ask students to please clean their place at the end of the class using disinfectant and paper towels provided.

### STUDIO ENTRY

**Please don't come to the studio if you feel in any way unwell.** Students need to book in advance as we can't accept drop-ins for the time being. We ask students to arrive in time and wait outside the gate until the teacher calls them in. Students need to be dressed ready for the class as the changing room is not available. Everyone entering the studio is required to sanitize their hands using the automatic hand gel dispenser located before the studio door. Shoes need to be taken off at the door and put into your shoe bag.

### DURING THE CLASS

Please ask the teacher for your mat position and place the shoe bag, props and coat by your mat. You can take your socks off once you are in your space. The kitchen and storeroom will not be available, and the use of the toilet is limited. Please ask the teacher for details.

The studio provides three sanitising stations.

### POSSIBLE CONTRACTION OF COVID19

Please find the full **COVID 19 studio policy** by clicking [here](#). In the last paragraph, you can find instructions in case of symptoms or you think you have been at risk of contact with the virus.

**We appreciate that this will be quite different from our previous casual style, but we are going to do our best to make the studio safe, welcoming and friendly for yoga lovers.**