

## STUDIO GUIDELINES FOR YOGA STUDENTS

### CLASSES/TIMES

From the 19<sup>th</sup> July 2021, as restrictions by law are lifted, the studio can legally host more than six people simultaneously. However, the Government has recommended us all to keep in place sensible rules in order to continue curbing the Covid 19 infection. We will be keeping on 30 minutes interval between classes to give enough time for cleaning and to avoid congestion at the exit.



### STUDIO ENTRY

**Please don't come to the studio if you feel in any way unwell.** Students need to book in advance. In case of drop-ins we have kept in place the QR code to be scanned at the door. The toilet and kitchen is now available, provided that teachers and students clean it after use. Everyone entering the studio is required to sanitize their hands using the 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 studio provides three sanitising stations.

### POSSIBLE CONTRACTION OF COVID19

Please go through the **COVID 19 studio policy**, the link is in the homepage. 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 hope these more relaxed rules will be appreciated by students, teachers and instructors.**