



# Yogasaar

## COVID - 19 Safety Precautions and Protocol

*Our mindful procedures are designed to help keep you and our teachers safe and well. Welcome back.*

**We ask that you follow these protocols before attending a class at the studio :**

1. Check temperature before you attend. Do not attend yoga with any flu, Covid-19 or sickness symptoms in the past 48 hours.
2. If you have tested positive for Covid-19, do not attend yoga until you have a negative test. Or if you have had contact without full protective gear with anyone who has tested positive for Covid-19, please do not attend within the 2 week period afterwards.
3. Attend yoga freshly clean and in clean clothes.
4. Wash hands thoroughly before coming to yoga class.
5. Bring your own mat and props. We will no longer be loaning props and mats . We suggest you bring at least a mat, one block, one yoga strap and a blanket with you. We also suggest you please bring your own water since our common water station will be closed.
6. Maintain as little contact with surfaces as possible.
7. Maintain at least 6 feet distance between each other at all times. No touching. No hugging. Air hugs and Namaste are awesome.

### **Our safety procedures:**

1. We have thoroughly cleaned and sanitized all areas of the studio.
2. We will thoroughly clean and sanitize all areas of the studio in between classes including door handles, counters, and shared spaces etc.

3. All teachers are required to self-assess for any flu, Covid-19 or sickness symptoms. No teacher is permitted to teach with any symptoms.
4. We have set up signs to guide you to place your mat at least 6 feet away from other students. Check-in and payment procedures are all contactless for everyone's safety.
5. Students to enter and exit class one at a time. No physical contact. No hugs, handshakes or physical assists.
6. On entering the studio, you will be asked to give verbal confirmation that you have not experienced flu or COVID-like symptoms in the 24 hours prior to class.
7. Please stand a minimum of 6 feet from the teacher and state your name to confirm class registration.
8. Immediately sanitize your hands (We will provide hand sanitizer at the front desk and in the bathroom for you to use).
9. Please wear a mask on entry, exit and at all times while in the studio.
10. Upon entering the studio, place your personal items in the cubby area and place your mat in the designated areas only.
11. Do not use the studio's props.
12. After class, the teacher will direct students to exit the yoga room and studio one at a time. Please try to keep things running smooth and avoid delays by changing or collecting your things in an orderly fashion and exiting when asked to.
13. Please no congregating in the studio, front desk area or outside the studio. You are welcome to talk to each other from your mats maintaining the 6 foot distance or connect with your friends outside of the studio space.
14. Teachers will stay on their mats and teach amazing yoga. No physical touch of any kind, including physical adjustments, will be made.
15. We will begin with a limited schedule and only allow a 30% capacity. Keep in mind, we still plan to keep our online virtual classes active. Some live classes will be streamed. Please check out website for the exact schedule.

**NOTE :** We are following the Governor's guidelines and recommendations. We consulted guidelines from the CDC, WHO, medical clinics, and the best practices published by professional associations that represent yoga studios.