

## Studio re-opening guidelines starting June 8<sup>th</sup> 2020

We have put together the below guidelines to ensure safety of our yogis and studio staff – as the restrictions hopefully loosen up in the near future, we will amend the guidelines. We will not be able to make any exceptions to the below at this time.

- Class sizes are limited to 12 students per class.
- **Online booking is mandatory via MindBody app or website - no walk-ins.** (please make sure to cancel your reservation 6h in advance if you are unable to attend). You can book classes one week in advance.
- Students can book maximum 4 classes per week – this is in order to give more people the opportunity to return back to the hot room. If you have booked in advance and cancel less than 6 hours before the class starts, this counts as a booking/no-show. We will be running online livestream classes via Zoom at least the first week to give people an opportunity to practice at home if you are unable to get to the studio or there are no longer spaces left for you to attend a class at the studio.

If you have 2 no-shows in a period of two weeks, you will be unable to book or attend already booked classes for a period of one week from the second no-show (no-show= you have booked but can't make it to the class and haven't cancelled on time – please note we will strictly enforce this rule, so make sure you foresee enough time to get to the studio).

Make sure to cancel your reservation if you are unable to attend (you need to cancel your booking via MindBody tool, we cannot take cancellations over the phone or e-mail).

- **Studio will open 10 mins before class and close 10 mins after.** No exceptions to this rule, no long savasanas and no socializing at the studio premises. Everybody needs to exit the studio within 10 minutes after the class in order to give the staff enough time to clean the studio for the next class.
- **You must wear facemask at the studio at all times, except during the practice itself.**
- **Bring your own yoga mat and towel. We are unable to rent mats and towels at this stage.** We are also unable to store your mat at the studio. It is also not possible to clean your mat at the studio at this time.
- Dressing rooms / showers are off limits so arrive to the studio in yoga clothing. Leave shoes outside the studio door (in front of the elevator), **you must bring and wear flip flops/sandals inside the studio other than during practice**, enter studio, remove outerwear, use hand sanitizer. (Places are marked to set your things down. Valuables will be safe, front door is locked as always).
- **No showering is possible at this time.** Bring with you clothing you can wear after class or an extra towel for your car seat.
- **Use provided hand sanitizer every time you enter the hot room.**
- Toilets will be open but please respect social distancing when queuing, keep facemask on.
- Place mat on the specified marks on the floor. No exceptions – we have measured the space between mats to ensure we can keep social distancing measure in place and ensure maximum capacity of students per class.
- Remove mask. Please stay on your mat the duration of class.
- After class, roll up mat, put mask on and leave the room, again ensuring social distancing.
- Gather your belongings and leave with your mat.