



Studio ETIQUETTE

DURING COVID-19



HEALTH ASSESSMENT

Please stay home if you have any signs of infection: a cough, a fever, difficulty breathing or any other symptoms.



SUPPORT OUR COMMUNITY

If you've tested positive or have knowingly come into contact with someone who has, please stay home until you've tested negative.



ARRIVAL

To limit the total amount of time spent in the studio, please do not arrive more than 10-15 minutes before class starts.



CHECK-IN

Once you check-in, please go straight to the practice room. Thanks for not congregating in the common areas.



SOCIAL DISTANCING

Please maintain at least 6 feet of distance from other people. Follow the floor markers for further guidance.



MASKS

Please wear a mask before and after class. Masks are not required during class.



WASH YOUR HANDS

Please wash your hands or use the hand sanitizer available to you throughout the studio.



EYES, NOSE & MOUTH

As much as possible, please avoid touching your eyes, nose and mouth.



PERSONAL ITEMS

Please limit the number of personal items you bring into the studio. Only bring the essentials.



STAY ON YOUR MAT

Please stay on your mat, in your marked spot, for the duration of class. Remember to put your mask on when class is over.



AFTER CLASS

At the end of class, after you gather your belongings, we ask that you please leave the studio. We wish you could stay for tea!



THANK YOU

We are grateful for your understanding and cooperation during this uncertain time.