



New Safety Guidelines for Clients attending Studio

1. We guarantee that all surface areas and floors will be steamed and sanitized before each class.
2. There will be plenty of tissues and hand sanitizer readily available in foyer which you will be expected to use on entry.
3. Your temperature will be taken on entering the studio and you will be refused entry if your temperature is over 37.5°C.
4. You are required to arrive 15 minutes before start of class and wait outside observing the 1.5-2m social distancing guidelines.
5. You are required to arrive at studio in your practice clothing, as changing facilities and showers will not be available.
6. You will enter and leave the class 2 at a time (12 max capacity in studio) so that there is no crowding in foyer.
7. Lockers in foyer will be out of bounds, but studio will be locked before class to protect valuables.
8. Don't be surprised if you don't see mats and props in the studio. We have removed them, so please bring your own equipment.
9. There will be no physical or hands on adjustments during practice.
10. Studio participants mats will not be visible to clients attending on Zoom.
11. Face coverings are not essential but can be provided.
12. Finally we would encourage you to stay on your mat during the practice to avoid too much unnecessary door handle touching.

Please observe your own health and those in your house hold and if you experience any of the following please isolate and get well:

- New continuous cough
- Abnormal tiredness or extreme fatigue
- High temperature
- Flu like symptoms including body aches and pains
- Loss of smell and or taste
- Difficulty breathing or shortness of breath

Hopefully, this will give you a small piece of mind and we look forward to seeing you and remember some key things:

- **Book 24hrs in advance for studio space only 12 available! A cancellation of £9 single class fee will be charged for late cancellation or no show.**
- Be patient
- Keep your distance and be respectful of others
- Show our studio some extra love too and keep to the guidelines 😊
- Be safe, keep well!