



## Yoga Class Protocols

Thank you for your continued support of the Centre. We are grateful to have you have you in our community.

### What the Centre is Doing to Help Everyone Stay Safe:

- Yoga classes are limited to “low-intensity”, where the movements and exercise does not significantly increase respiration.
- **Pre-registration with each teacher is required.**
- **Classes are limited to 9 students** and 1 teacher in the Satsang Room.
- **Everyone must bring their own mat and props.** There will be no use of Centre props or equipment (mats, blocks, blankets, etc.)
- **Mat locations are marked to ensure proper distancing of 2.5m** from all edges of a standard mat
- **Respect physical distancing of 2m for all times when not exercising**, on the Centre property
- **One person at a time will enter the class space**, and take their own mat into the studio. Place your mat on the marks on the floor.
- **Everyone must leave one at a time** while the remaining participants remain in place to avoid congestion at the doorway.
- Entry check posters and occupancy limits are posted and hand sanitizer will be provided.
- A separate, single occupant public washroom has been designated and cleaned daily
- There will be no access to any Centre buildings or spaces, other than the designated yoga class space.

### What We Are Asking Teachers to Do to Help Us Stay Safe:

- Arrive early for class so you can instruct students on the protocols.
- Utilize demonstrations and verbal corrections for instruction, no physical corrections.
- Masks are required to be worn at all times when indoors, travelling to and from their designated yoga mat space
- Outer doors and/or windows will be left open or partially open, if possible to increase ventilation

### What We Are Asking Students to Do to Help Us Stay Safe:

- Consult your doctor about coming to class if you have underlying health issues.
- Stay home if you are feeling unwell.
- Students are required to fill out the Contact Tracing Form for every visit
- Masks are required to be worn at all times when indoors, travelling to and from your designated yoga mat space
- Please do not congregate and practice physical distancing of 2m at all times.
- Please call the Centre at 250-537-2326 if you develop COVID-19 within 10 days of your attendance. Do not feel afraid to let us know. We are all vulnerable and we must care for each other.

These protocols must be adhered to as part of the Centre’s sincere intent, and responsibility, to keep everyone safe.