



Student Requirements, Covid-19

Thank you all for continuing to enjoy classes in our Expansion Studio, we wish you all good health and in the best interests of all students, we are please asking that you consider being a little extra cautious with your time spent in our studio.

Here are the guidelines we are asking of all people who enter this space:

- Please avoid bringing any food into our studio. (this includes bring your kids classes)
- Please keep a minimum of 1.5mtrs apart from all people at all times.
- You are now required to set up your own mat & props for each class.
- You must wipe down your used equipment with a new towel and then place that towel in the used basket
- Props (not mats) are to be sprayed with the disinfectant spray after cleaning and returning your mat.
- All mats & props used in the class must be placed in the 'used' pile the teacher instructs you to.
- If you're feeling a little unwell, please go home and return when feeling better.

We are encouraging all students and teachers to bring their own props and yoga mats from home, this includes:

- A towel to be placed on a bolster
- Cushion for your head during a yin/gentle class
- Own yoga mat. (we understand this is not possible for everyone, that is ok, this is just a preference)
- Own drink bottle if required.

Apologies for any inconvenience, this is the situation we are forced to be in, hopefully if we all do the right thing, this will not have to last for too long.

Thank you for understanding,
with love, Camilla & Darryl.