

What we are doing to help keep you safe:

1 Hand sanitisers provided to use before and after class



2 All shared areas to be cleaned at regular intervals



3 High touch surfaces (doors, toilet handles, etc) cleaned before and after class



4 Reduced class capacity and markers to adhere to 2 metre social distancing

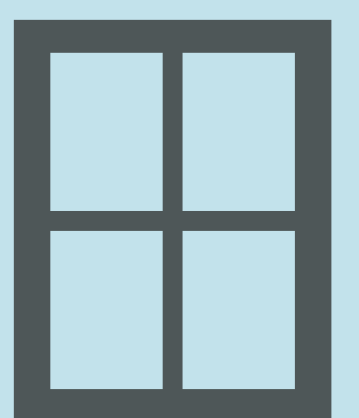


5 Class attendance records to support the NHS Test and Trace program

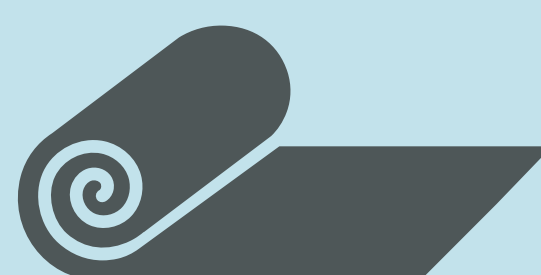


6 Toilets operated on a one in one out basis

7 Premises to be kept well ventilated during class



8 No shared equipment

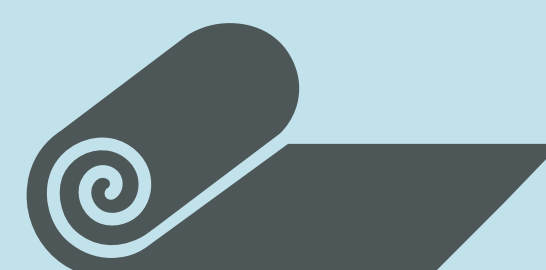


Please read before attending a class:

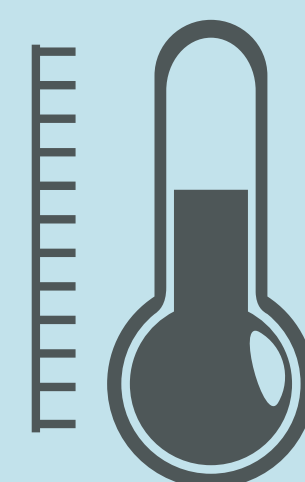
1 To join a class you must have an online booking and up to date contact information



2 All participants should have their own non-slip yoga mat, equipment will not be provided



3 Do NOT attend class if you or anyone in your household has had Covid-19 symptoms in the last 7 days



4 You are responsible for complying with the Government Covid-19 secure guidelines including using the hand sanitiser provided



5 Please use the markers provided to maintain a 2 metre distance at all times when on the premises



6 If possible use the toilet before or after class to reduce traffic



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