

## Staying safe in class

---

For in-person classes to continue, we will be following the guidelines recommended by the venue and observing the following safety measures:

- All classes must be booked in advance, there are limited places available with social distancing.
- I'll keep your contact details for 3 weeks after each class to conform to the Government test and trace scheme.
- **Please don't enter the building if feeling unwell with any symptoms that could be covid related or if you've been asked to self-isolate by Test and Trace.**
- Please use hand sanitiser on entry to the building.
- Please continue to wear a face mask, unless exempt, in shared areas of the building eg. corridors and toilets. Masks can be removed once you are in the yoga hall & for the duration of the class.
- We are encouraging continued social distancing, particularly in shared areas eg. corridors and toilets.
- Please make every effort to remain socially distanced from building users not in your own group.
- Bring your own mat & any props that you wish to use during the class.

Rest assured that I will remind you of these procedures during the classes. It is important to me that we stay safe & also that we feel relaxed during our yoga class. If you have any concerns, please do not hesitate to get in touch by email or phone.

I look forward to seeing you in class.

Kirstin x