

Studio Hygiene Protocol



The health and safety of you, your fellow yogis, and our teachers will always be our first priority. Below you can find our general hygiene guidelines, we ask everyone to follow when visiting our studio.

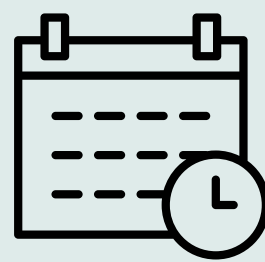
Sick? Do not come to the studio

Please make sure that if you have any corona-, cold-, or flu related complaints, you do not come to the studio. You can then join online or we re-schedule your booking.



Book your class online

We only take online bookings and registrations. Payments go by bank transfer.



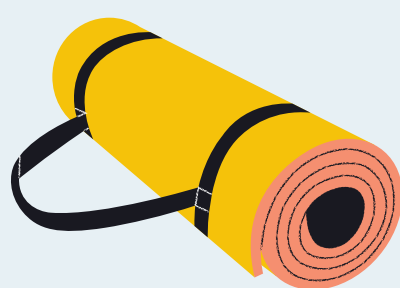
Come in your yoga clothes

Be preferably already dressed in your yoga clothes when you come to the studio. Bring the minimum of stuff with you, and bring a bag for that. The dressing room is mainly open for storage.



Bring your own yoga mat & props or use studio equipment

You can bring your own mat and props to the studio, but you can also use our studio equipment. Everything will be cleaned with disinfectant spray after use.



Bring your own water bottle

Bring your own filled up water bottle.



Bring your own hygiene-kit

For optimal hygiene we ask you to bring your own disinfectant hand gel (> 70% alcohol), paper tissues, and a clean washed towel to the studio.



Use your bathroom at home

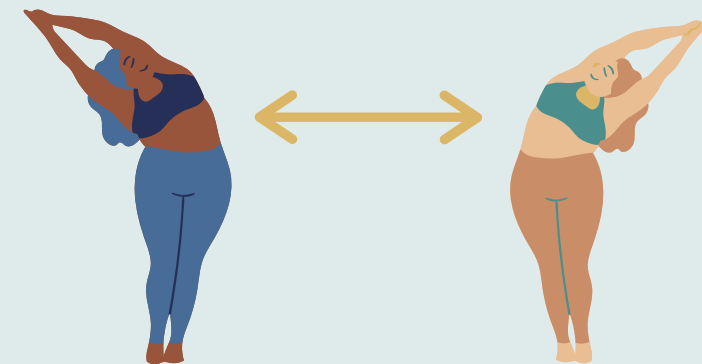
Minimize the use of the toilet in the studio. Use your bathroom at home before you go to the studio and after class.



Give each other space

Keep an appropriate distance from each other at all times. Place your mat on the indicated areas.

The teacher will guide you with verbal instructions & demonstrations, and there will be physical adjustments with your approval.



Clean hands

Sanitize your hands with disinfectant hand gel (> 70% alcohol) when entering the studio, before & after toilet visit, and when leaving the studio. Also after having used paper tissues.



Do not shake hands

Do not shake hands or greet with hugs. Instead, greet with a nod or "Namasté".



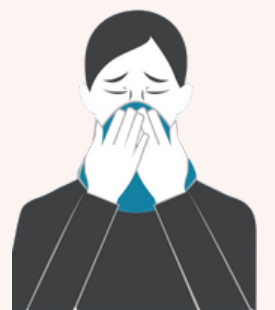
Sneeze and cough in your elbow

Sneeze and cough in your elbow or paper tissue. Wash your yoga clothes when home.



Use paper tissues

Use paper tissues to blow your nose, for coughing or sneezing, and dispose them after use. Sanitize your hands after.



Avoid touching your face

Avoid touching your face with your hands – specifically eyes, nose, and mouth. Use your underarm, scarf, or tissue.



Hygiene studio

The studio will be ventilated with fresh air in between and during classes, and well cleaned. Our hygiene standards are high.

