

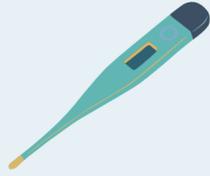
Corona Precautions

We would like to invite you back to our yoga studio in a safe and responsible manner. We follow the precautions and protocols advised by the RIVM and our branch organization VYSN. The health and safety of you, your fellow yogis, and our teachers will always be our first priority. Below you can find the guidelines.



Sick? Do not come to the studio

We cannot accept anyone with corona related complaints in the studio. We run a Health Check with you beforehand. If you become sick during class you have to go home immediately.



Book your class online

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



Come in your yoga clothes

Be dressed in *clean* yoga clothes when you come to the studio. The dressing room is closed. Bring the minimum of stuff with you, and bring a bag for that.



Bring your own yoga mat & props

For hygiene reasons we ask you to bring your own mat and props, you can no longer use studio equipment.



Bring your own water bottle

Bring your own water bottle, the kitchen is closed.



Bring your own corona-safety-kit

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



Use your bathroom at home

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



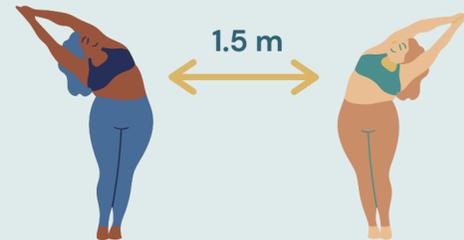
Avoid public transportation

Please avoid public transportation. Try to come by foot, bike, or own transport.



Give each other 1.5 m space

Keep 1.5 m distance from each other at all times. Place your mat on the indicated areas. We allow fewer people in the studio to provide every yogi more space to move.



The teacher will guide you with verbal instructions and demonstrations, there will be no physical adjustments.

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 extra cleaned. Our hygiene standards are high.

