



COVID SAFETY GUIDE

For In Person Yoga

PRE BOOK WORKSHOP

We aim to continue to offer our monthly workshops as planned. All events will be held at our regular venue Durley Memorial Hall. Workshops will be in person. All workshops need to be booked in advance. This will help to manage the limitation on class numbers for everyone's comfort and safety. Note: Until further notice no 'drop in' on the day will be possible.

PRE PAY

As usual please book via the website this will help us to maintain and avoid any handling of cash. Due to the limited class capacity all bookings are non refundable and non transferable unless you need to cancel due to developing Covid related symptoms.

You can book at <https://www.southamptonyoga.org.uk/events/>

ARRIVE READY FOR YOGA

Come dressed in your yoga clothes with only essential personal items. Wait in foyer to be allocated a space in the main hall. Spot markers will be in place. These will indicate social distancing guidance also for use of the bathrooms (1 in 1 out system). Please use the wipes to wipe down touch points following your bathroom usage.

ARRIVAL

Workshops will have an arrival time and a class start time, giving you approx 15 mins to arrive and get settled. If you arrive prior to the stated time please wait outside or in your car. For ease of managing flow through the building if you do notice a queue at the entrance please wait and follow social distancing rules. We will ensure all participants are settled before the session begins



WE LOOK FORWARD TO WELCOMING YOU BACK!

Pursue your journey with SYA

BRING YOUR OWN YOGA MAT & ANY PROPS YOU NEED

PLACE YOUR MAT ON THE SPOT MARKERS WHICH ARE 2M+ APART



2M+ APART



DURING CLASS

- Please stay on your mat and socially distanced at all times
- No partner work or hands on assists
- Mantra, Kirtan, Lions breath & Breath of fire will not be taught or practiced
- You are not required to wear a mask for class however if you'd like to wear one naturally you are more than welcome.

HAND & FEET HYGIENE

Hand sanitiser, hand washing facilities & wipes will be available during sessions.

Clean hands before & after class.

Leave shoes in the foyer before entering the shala; either use socks for walking across yoga space floor or wipe feet as well as hands.

***** CLEAN YOUR MAT REGULARLY SPRAY, WIPE, WASHING MACHINE *****

ANY CONCERNS, QUESTIONS OR QUERIES, PLEASE DO NOT HESITATE TO CONTACT US!



WWW.SOUTHAMPTONYOGA.ORG.UK