

New processes and practices at The Yoga Space

June 2020

We are reopening on 22 June.

Our first priority is always you and your wellbeing.

We are deeply committed to the studio being safe and clean for you to practice. We are opening up with a few changes to our processes and we ask that everyone respect our new preferred way of offering up the yoga that you love.

We have the following practices in place to ensure you can practice safely and with a sense of ease:

Hygiene and sanitisation practices

We have the following practices in place to ensure you can practice safely and with a sense of ease:

- Our class numbers are now capped at 10 students (max.) per class in line with government restrictions and to ensure we are maintaining safe social distance.
- There are hand sanitisation stations set up around the studio. It is now mandatory for everyone, including teachers, to sanitise and wash their hands thoroughly on entry to the studio and after class. It is a condition of entry for students to use sanitiser before you check them in.
- Please ensure you maintain social distance in all studio areas including reception. Please ensure you maintain suitable social distance at all times.
- Our studio is cleaned and disinfected frequently, throughout each day. We are using disinfectant products on all surfaces and high touch areas throughout the studio, bathroom and change areas – mats, door handles, door locks, light switches and bathroom taps.
- All classes are 60 minutes.
- We encourage you to bring your own mat and we highly recommend you bring your own towel to wipe down your mat after class. Communal cleaning towels will no longer be provided. We have medical grade wipes for studio mats and blocks.
- For those coming along to a yin class, please bring a towel if you intend using a bolster.

- If you are unwell, please do not attend The Yoga Space for any reason. Our teachers have been instructed to advise any student with any sign of illness that they will need to practice at home.
- In the event you display any symptoms of Covid-19, including runny nose, cough, sore throat, fever, fatigue, diarrhoea, please do not attend The Yoga Space for any reason. - complete list of symptoms listed here: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>.
- In the event you require testing for Covid-19, until you have received formal confirmation that your test result is negative, you will not be able to attend the studio to practice.
- There will no longer be tea or almonds provided. Please bring your own water bottles as we can no longer offer cups and glasses.
- We will no longer be offering a range of pranayama techniques including lions breath, kapalabati, shitali etc
- Unfortunately, there will be no hands on assists at all.
- **COVID Safe App:** The Government has asked all Australian smartphone users to download the COVID Safe app. Follow the link below:
<https://www.health.gov.au/resources/apps-andtools/covidsafe-app>