



NOTICE FOR YOUR YOGA CLIENTS - PLEASE READ IN FULL

We're taking extra steps to keep YOUR YOGA experience the perfect place for you to practice in the coming months!

With the COVID-19 virus having a huge global impact worldwide, we wanted to ensure that we're doing everything we can to ensure we maintain a clean and safe environment for you to practice. We've added these extra steps so that ALL of our clients can be confident that we have their best interests, and the interests of the local community at heart.

As one of the ONLY BESPOKE YOGA STUDIOS in the area, we're in a privileged position when it comes to keeping a hygienic environment, as we're not using the room for other uses throughout the day. This makes it much easier to ensure every one of our wonderful yoga community is contributing towards keeping the space perfect for practice.

Please be aware, this post will be updated regularly based on any new guidance suggested from official sources.

Here's some things we're doing to support the fight against COVID-19:

- We're working closely with FX Fitness on overall facility and area hygiene and cleanliness
- We're adding additional cleaning between each class
- We're suggesting people arrive "on-time", and not early to classes
- We're removing the waiting area for classes, as we would not be able to ensure social distancing guidelines without
- We're limiting the number of people in each class to maintain good practice social distancing
- We're minimising hands on adjustments and contact where possible
- We're asking clients to come "ready to practice", as to minimise unnecessary use of changing facilities
- We're limiting the use of eye masks in all practice. Own Masks only are to be used.
- We're going to be asking how you're feeling throughout classes. If you're showing possible symptoms you may be asked to leave. Please don't be offended, this is for everyone's benefit, including yourself and the benefit of the wider community

Here's some things we're asking YOU to do to help us:

- Please DO NOT ENTER THE FACILITY if you've been showing symptoms of COVID-19 (Shortness of breath, dry cough, fever, loss of taste and/or smell)
- Please DO NOT ENTER THE FACILITY if you've been in contact with a CONFIRMED or LIKELY case of COVID-19 in the last 14 days
- Please DO NOT ENTER THE FACILITY if you've been to a highly affected area in the past 7 days
- Please wait in your car until the instructor comes to get you, this limits the people in our waiting room
- Please enter the facility wearing a face mask
- Please Wash your hands when entering the facility



- Please ensure you bring your own mat as we are not lending mats out at this time. Please note – if you do not bring your own mat, there will be an additional charge of £2.00 to use one of our mats.

THANKS! By pulling together at this difficult time, we're confident that we can continue to offer a perfect environment for your practice for the coming months. And before we leave, here's some key things to remember to help you to face the COVID-19 illness and maximise your overall health:

- Keep active
- Maintain a healthy and appropriate diet
- Continue your practice
- Wash your hands regularly
- Take regular showers and maximise personal hygiene
- Minimise physical contact, but show love through kind words and actions
- Sleep well
- Drink plenty of water
- Relax and be happy
- Limit alcohol intake

We look forward to practicing with you here in the studio over the coming weeks. Please let us know any questions or concerns you may have by messaging the page or giving us a call/ text!

Thanks Yogis!

Namaste