



Seaside Yoga Sanctuary Studio Protocols

****Please do not come to the studio if you or anyone in your household has experienced the following symptoms within the last 24 hours****

Fever or chills
Cough
Shortness of breath or difficulty
breathing
Fatigue
Muscle or Body aches
Headache
New loss of taste or smell
Sore Throat
Congestion or Runny Nose
Nausea or vomiting
Diarrhea

- Facial coverings are required to enter and while inside the studio – they may be removed once on your mat.
- Students are required to bring their own mat and props – we will have a limited supply of mats & props for sale at the studio. We are happy to order props for students.
 - Please use hand sanitizer upon arrival.
 - Please sign in for class (clean pens will always be available).
 - Students are required to sign a COVID liability waiver.
- Teachers arrive early to open studio doors for fresh air and open them after class (please note that they may be opened during class, layering is recommended).
- The studio is sanitized before and after each class – we will be wiping down all surface areas.
 - Please follow markings on the floor (to help everyone keep their distance)
- Benches and storage for personal items are marked to keep distance between students.
 - The studio floor is marked off into 10'x10' spaces – only 1 student allowed in each space – we recommend booking your class ahead of time online (or call the studio for assistance)

Physical adjustments will not be offered during class – no teacher and student or student to student contact is allowed.