

## Studio Yoga Booking Information and Conditions

All classes, both in person and online, must be booked and paid for in advance to enable us manage numbers for everyone's safety and comfort.

The best way to do this online, but we do take credit/debit cards at the Studio.

We are required to keep a record of everyone using Studio Yoga and their contact details in case it's needed for 'track and trace'. Please make sure we have your up-to-date information (if you have booked online we will do).

### **All in-person classes follow government and Sport England guidelines. This involves:**

- Social distancing with 2 metres between mats.
- No hands-on adjustments.
- Extra cleaning of the studio and 'high touch' areas eg door handles.
- Additional time in between classes.
- Ventilating the room.

### **To help us practice safely please can everyone:**

- Bring all your own equipment, including props. We will no longer have equipment out for everyone to use, but you can buy new mats and other yoga kit at the studio.
- Arrive on time and in your yoga/barre/Pilates clothes. If you are more than 10 minutes early, please wait in the car.
- Use hand sanitiser on arrival.
- There is plenty of room in the lobby for shoes and coats, but bring only what you need for the class with you.
- Bring your own water bottle.
- There are floor markers in the room to put your mats on.
- Face masks are not mandatory, but do wear one for class if you would like.
- Leave promptly at the end of the lesson. You can always chat in the car park!
- If you are joining a class on Zoom please be punctual and make sure your mic is muted. The camera will be on the teacher, not on the students in the room.
- Stay at home if you have a temperature or other Covid-19 symptoms.
- Let us know if there is anything else we can do to make your experience more enjoyable and comfortable.

Due to limited class numbers all bookings are non-refundable and non-transferable. However some classes will be live-streamed and/or recorded so students can make-up missed sessions in this way.