



## ‘In Person’ Covid Secure Class Guidance

**Please help us to keep everyone safe and Covid secure whilst attending Jasmine Trust Yoga**

Prebook	Go to <a href="http://www.jasminetrust.co.uk">www.jasminetrust.co.uk</a> Click onto Classes, then Click link to the booking portal
Prepay via card payment Follow the booking link on the website	<b>Due to the limited class capacity , class payments are non-refundable unless you have Covid related symptoms</b>

**If you are showing ANY Covid symptoms, please do not attend – advise JT by phone**

Class arrival - 15 minutes prior to start time.	If you arrive early, please wait in your car
Face Coverings	<b>Please wear your face covering to enter and exit – it is not necessary to wear these whilst practicing</b>
Come ready - changing rooms will not be available	Only bring essential items - leave the rest in the car
Toilets - please wipe down touch points	Wipes will be provided – put them in the bin after use
Bring your own Yoga mat and equipment	Jasmine Trust Props will not be available
Mat Etiquette	Take a place that is the furthest away from the door  Place the centre of your mat level with a marker on the skirting board

**Please stay on your mat - do not make contact with other mats**



Hands and Feet Hygiene	Wear socks when walking on the yoga studio floor  Sanitise hands every time you leave the yoga studio
Class departure	Please leave promptly after class – closest mat to the door to leave first  Remember to maintain social distancing  You are very welcome to stand in the car park and chat!

**We look forward to seeing you ‘In Person’**