



Gentle Yoga with Jo
Reset - Relax - Restore

COVID SECURE CLASS GUIDELINES For In Person Yoga

PRE-BOOK

All in-person sessions need to be pre-booked in advance to manage class numbers for everyone's comfort and safety. Online and replay sessions are also available.

You can book a class at bookwhen.com/ananda-yoga

PRE-PAY

After you book your class, you will be offered the choice to pay by credit card or online banking transfer to enable a cashless operation.

Your class is confirmed once payment has been made. Bookings are usually non-refundable but can be transferred to a future class.

BE PREPARED

Come dressed ready in your yoga clothes with your yoga mat and any props you wish to use. Bring only essential personal items with you.

Please wear a face mask in the building before and after the class. This can be removed during the class.

CLASS ARRIVAL

Please enter no earlier than 10 mins before the class is due to start. If you arrive prior to this time, please wait outside or in your car.

If you need to use the bathroom, please use wipes provided to wipe down touch points following usage.

HAND & FEET HYGIENE

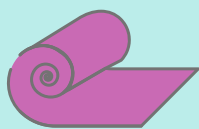
- Clean your hands before & after class.
- Hand sanitiser and hand washing facilities are available.
- Leave shoes to the sides of the room.
- Wear socks when walking around the yoga space and remove them once settled on your mat.

DURING CLASS

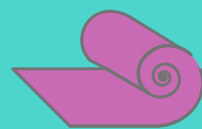
- Please stay on your mat and socially distanced at all times
- There will be no hands on assists
- Chanting will not be practiced.
- Masks may be removed during the class, however, you are welcome to wear one if you wish.

Please **DO NOT** attend a class if you have been advised by a doctor to self-isolate or have any COVID-19 symptoms

BRING YOUR OWN YOGA MAT & PROPS



STAY 2M+ APART



CLEAN YOUR MAT REGULARLY - SPRAY, WIPE
OR POP IT IN THE WASHING MACHINE

PLACE YOUR MAT IN THE SPACE INDICATED



Please do not hesitate to contact Jo with any concerns or questions you may have

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