

Lotus Yoga COVID safety protocols:

Let's keep our Lotus community, Lotus teachers and greater community safe!

Please read over all these protocols before registering for in-person class.

By registering for in-person class you are agreeing to abide by all these safety measures. Thank you for consciously considering and honoring this community agreement.

PRE-REGISTRATION REQUIRED:

- All classes (hybrid and on-line only) currently require pre-registration.

LIMITED SPACES for In-Person to Maintain Physical Distancing:

- Currently there are a maximum 10 spaces for in-person class.
- Mat markers will guide you to your yoga space.
- Please give at least 6 feet (one yoga mat-length!) or more of physical distance with others while at Lotus.

Bring Your Own Water:

- Filtered water is currently not available.

Bring Your Own Mat and Limited Community Props:

- Bring your own yoga mat.
- You may also consider bringing any other props you might want.
- We will supply 2 yoga blocks for each yoga mat station in the studio and will sanitize them between classes.
- We will not offer any other community props at this time due to the considerable extra work that it would take to clean them. We hope to offer community props again when the situation allows.

Masking: Out of an abundance of caution, we ask that you agree to the following masking protocols while you are at Lotus. Please do not come to class in person if you are not able or willing to follow these protocols. Thank you.

- Please carefully consider the health and well-being of all our community when attending class: including those who might have compromised immune systems and those who are unable to get vaccinated for health reasons.
- Please wear a mask while you are entering and exiting Lotus as well as at any time you are off your mat, including trips to the bathroom. Our teachers will do the same.

- Our teachers, who are all fully vaccinated, will remove their mask when they begin class so that students in the room and students on-line can hear them clearly.
- If you are fully vaccinated, and you are comfortable doing so, you are welcome to remove your mask once the teacher offers for students to do so. Of course you are welcome to keep your mask on if that makes you feel most comfortable.
- If you are not vaccinated, please consider joining us from home for on-line class for your own wellbeing. If you choose to attend in-person class. Please respect our community health and safety and continue to wear your mask while you are practicing and the entire time you are at Lotus. Washington state residents who are not fully vaccinated are currently required to wear a face covering in any indoor public setting. Thank you for helping to keep our community safe.

Fresh Air and Air Filtration:

- The Lotus studio windows will be open on both sides of the studio to allow for abundant airflow in the studio.
- Please dress in layers accordingly.
- We've have H-13 HEPA air filtration: virus filtration (including COVID-19).

Teachers Are Vaccinated:

- All our in-person class teachers want to teach in person (we are giving teachers the choice) and are already fully vaccinated.

Wellness Self-check:

- Please stay home if you are feeling unwell or suspect that you might have been exposed to COVID or another communicable illness.
- Our teachers will follow the same guidelines.

Cleaning:

- We will be disinfecting all high-touch surfaces.
- We will be steam-cleaning the studio between classes.

Handwashing and Sanitizing:

- Please wash your hands upon entering our shared space.
- Hand sanitizer will be available as well.

Minimizing shared spaces:

- We ask that you bring only what you need for practice.

- When entering Lotus, please drop your shoes off in the entry area and keep your other belongings with you by your mat during practice.
- Bathrooms will remain open!

Have Questions?

- Reach out we would love to hear from you! info@lotusyoga.biz