

# COVID safety protocols: In Person Hybrid Classes

Updated March 2022

## For now:

Wear a mask at all times when in the yoga studio, entry or stairway.

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Proof of full COVID-19 vaccination is required for all Hybrid In-Person participants.

## Welcome!

- By entering our studio, you are agreeing to abide by all of these safety measures.
- We continue to offer online options for all classes: please attend online if you are not fully vaccinated or if online feels like a better option to you at this time.
- Thank you for consciously considering and honoring this community agreement.
- Let's keep our Lotus community, Lotus teachers and greater community safe together!

## PRE-REGISTRATION is Required:

- We will be leaving lots of space between students in-studio.
- Please cancel your in-person reservation if you are unable to make it to class so another student can attend.

## Mask Up at ALL times & Give Space:

- Wear a mask at ALL times when you are in the studio, entry and stairway. • Give at least 6 feet (one yoga mat-length!) or more of physical distance to others. • When entering Lotus, please drop your shoes off in the entry area and keep your other belongings with you by your mat during practice. • Mat markers designate your physically distanced mat space.

## Show your Vaccination Card or a Photo of it to Your Lotus Teacher Each Class

- Proof of Vaccination is required upon entry for all in-person hybrid class attendees to support the health and safety of students, teachers and our larger community. All students are required to be vaccinated at this time.

**Bring Your Own:**

- Water
- Mat
- Other Props: You may also bring any other props you might want. • We will not offer any other community props at this time due to the considerable extra work that it would take to clean them.
- Two blocks provided in-studio. Blocks sanitized after each class.

**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.

Thank you for helping to keep our community safe.

**Here are some other ways we are helping to keep you safe at Lotus:****Fresh Air and Air Filtration:**

- We have H-13 HEPA air filtration: virus filtration (including COVID-19).

**Teachers Are Vaccinated:**

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

**Cleaning:**

- We will be disinfecting all high-touch surfaces. • We will be steam-cleaning the studio between classes. • We ask all students to wash your hands upon entering our shared space. • Hand sanitizer will be available as well.

**Have Questions, Comments or Thoughts to Share? We Always Want to Hear from You!**

- Reach out we would love to hear from you! • [info@lotusyoga.biz](mailto:info@lotusyoga.biz)