

COVID safety protocols – In Person Hybrid Classes

Updated August 23rdth, 2021

Per updated King County guidelines:

Masks Required at all times while in the studio, entry and stairway at Lotus.

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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 have a maximum of 10 in-person spaces. • 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 in the studio, entry and stairways while at Lotus. • 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

- Per King County Updated Guidelines: 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.

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:

- 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 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