

And Breathe Yoga COVID-19 Policy

Given classes are now back to in person we will be adhering to the government's current COVID-19 guidelines and in this respect please be aware:

1. **All classes must be pre-booked and paid for online.**

This is to save from handling money where the virus can spread.

 - a. You can book as you normally do via the new link to PayPal. The set amount is as previous £7 for this class.
 - b. If you don't like to use PayPal then just email me and I can give you my bank details to make a Bacs.
 - c. You will be asked for your mobile number when booking for track and trace purposes.
2. **Everyone will have to bring their own mats and own props.**

We will keep props to a minimum of belt and blanket, unless you normally use a block or anything else and in which case please feel free to bring along.
3. **The mats have to be 2 meters apart from centre of mat to centre of mat.**

I will be arriving early to set up markers so as you don't have to calculate.
4. **The class has limited capacity because of these new measures.**

When booking is full you will have the option to be put on the waiting list.
5. **You will be required to wear a face mask when entering or leaving the centre.**

Once you are on your mat you can then remove it if you wish.
6. **If you feel unwell in any respect, then please don't come to class.**

Even if it's a seasonal flu as it will save spreading it to others and unnecessary concern regarding if it could possibly be the virus.
7. **If you have COVID-19 symptoms, then please don't come to class.**

Self-isolate and follow current government guidelines.
8. **If you discover you have COVID-19 symptoms after being at class then please let me know.**

This is for track and trace purposes.
9. **And finally, please adhere to guidelines of washing or sanitising hands as necessary.**

You can see the government guidelines by following this link:

<https://www.gov.scot/collections/coronavirus-covid-19-guidance/>



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www.andbreatheyoga.co.uk