



COMING BACK BETTER THAN EVER!

RE-OPENING PROCEDURES MUST READ!

Experienced Instructors and a safe environment.



LIMITED CLASSES

Class Schedule has been reduced.

LIMITED STUDENT ATTENDANCE

Classes have been reduced to ensure we comply with social distancing.

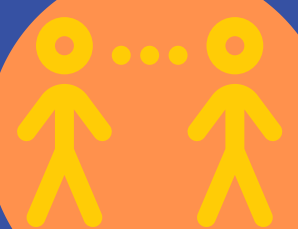


EMPLOYEE HEALTH CHECK

Instructors will be required to have health checks before teaching a class.

SOCIAL DISTANCING

Keep 6 feet distance in between students, teachers and staff.





BEFORE CLASS!

Before you arrive at the studio please review our New Safety Guidelines. Our priority is to provide a safe environment for you and our employees.



RESERVATIONS ARE REQUIRED.

Reserve for class before showing up to the studio. Students that show up without reservations, won't be able to take class.

BRING YOUR OWN MAT, TOWELS AND PROPS



Bring your own everything. Mat and towel service has been discontinued. Blocks, straps, bolsters and blankets no longer available.



SIGN WAIVER

Read and acknowledge before each class.

SELF CHECK



If you are not feeling well, please stay home. Students that are sneezing, coughing or show symptoms, will not be allowed to take class.



CHECK IN!

To provide everyone with a safe environment, please follow our check-in procedures.

15 BEFORE AND 15 AFTER



Studio will open the doors 15 minutes prior to class and close 15 minutes after class.



TEMPERATURE CHECKS

To keep everyone safe we will take students temperature before entering class.

CLEAN BEFORE AND AFTER



Cleaning Solution will be placed by each yoga station for disinfecting area before placing your mat and for after class.



DOWNLOAD OUR APP

Payments will be easier, faster and contact-less when you download our app and create an account with your data saved securely on file.



DURING AND AFTER CLASS

To help us provide a safe environment for everyone, please follow our procedures below:



DESIGNATED MAT PLACEMENT

Follow the clearly marked floor decals to place your mat. This ensures 6 feet of distance between students and staff.

CLEAN BEFORE AND AFTER



Clean your area and belongings before you leave the studio.



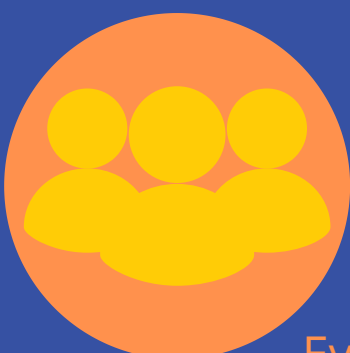
NO ADJUSTMENTS

Hands off instruction. Our Instructors will not be giving physical adjustments for now.

SHOWERS TEMPORARILY CLOSED



Shower at home. For safety our showers will be temporarily closed.



NO GATHERING OR LOITERING

Even though we have missed you for 3 months. We ask that you leave immediately after class.