



POLICIES AND PROTOCOLS

Updated: June, 2021

Dear yoga community:

Your health and safety, and the health and safety of your loved ones, is our top priority. New policies and protocols were implemented last year that continue to remain in effect, with respect to the upkeep of the studio, signing into and participating in classes, and attending the studio. We will continue to monitor regulations and recommendations issued by government and health authorities, and our policies and protocols will be updated as may be required.

As of the date of this update, Yoga Light Studio is not limiting class participation to those who have received a Covid-19 vaccination.

For outdoor yoga protocols, please see our "Outdoor Yoga Information Sheet", available on the home page of our website.

1. SCREENING:

By entering the studio, you certify and confirm that:

- You are not experiencing any symptoms of illness, including, fever, runny nose, sore throat, loss of taste or smell, or significant lethargy.
- You have not been out of the country for the past 14 days.
- You have not come into contact with anyone diagnosed with Covid-19, unless you subsequently received a negative test result for the virus.
- You have not come into contact with anyone awaiting a test result for Covid-19, during the quarantine period of 14 days, unless you or that person has subsequently received a negative test result for the virus.
- You have not been diagnosed with Covid-19, unless you have subsequently fully recovered and have received a negative test result for the virus.
- You will familiarize yourself with all studio protocols and policies, and abide by them at all times.

2. SIGNING UP FOR CLASSES:

- You must sign up for classes online. You can do this through our website, and it will take you to our Wellness Living sign-up page, or download the Wellness Living App. Walk-ins are not permitted to enter the studio for the foreseeable future.

- When you arrive at the studio, check in at the Front Desk, before you enter the studio rooms. No class cards for the time-being.
- As class capacities have been significantly reduced to allow for appropriate physical distancing, we have implemented a Class Cancellation Policy. You may cancel your reservation up to 4 hours in advance of the start time of the class. Cancellations that are made less than 4 hours prior to the start time, will result in a late-cancel penalty as follows: forfeiture of the class, and a \$10 charge. You may only cancel classes online through the website - contacting the studio through email or telephone will not be accepted.
- No-shows will result in a penalty as follows: forfeiture of the class, and a \$20 charge.

3. AT THE STUDIO

Studio Upkeep:

- Studio room floors will continue to be disinfected with hospital-grade cleaner. We have increased the frequency within which hard surfaces such as door knobs, countertops, etcetera, are disinfected, also with medical-grade disinfectant.
- Each studio room is equipped with exhaust systems that continuously pull out air and replace it with fresh air, or high quality HEPA air purifiers.

Etiquette:

- Please observe silence in and around the practice rooms.
- Please arrive to class on time. Late-comers will not be permitted once the class has started. If you are late for class, you will incur the cancellation penalty (forfeiture of the class, and a \$10 charge applied to your credit card).
- The Studio is a scent-free environment. Please refrain from wearing perfume or other scents.
- All cell phones are to be turned off or put on silent upon entering the Studio, and may not be taken into the practice rooms. Please leave mat bags, purses, etc., in the change rooms.
- Children under the age of 13 must be supervised by a parent or legal guardian at all times while at the studio, other than when attending an approved class.

Covid-19 Temporary Measures:

- Class participants may not enter the Studio more than 10 minutes prior to the start time of their class.
- Anyone entering the Studio must wear a face covering at all times, except it may be removed once on the mat for practice and once you are appropriately physically distanced. Masks must be put on when leaving the mat.
- Anyone entering the Studio must wash his/her hands upon entering the Studio, or must use the hand sanitizer that is available throughout the Studio.
- Physical distancing of 6 feet or more must be respected throughout the Studio at all times.

- Bathroom and entrance capacity limits must be respected at all times.
- The Lounge is temporarily closed. Class participants may not allow guests or children to wait in the Studio while classes are ongoing.
- Lockers will be temporarily unavailable, so please leave all personal belongings at home. Phones, bags, or other excess items, are not permitted in the studio rooms, and Front Desk is not permitted to hold personal belongings.
- Mat and towel rentals will be suspended for the foreseeable future. Please arrive to class prepared!
- Mat cleaner bottles have been temporarily removed from Studio rooms. Individual mat sprays are available for purchase at the Front Desk, or you can make your own.
- Showers are temporarily unavailable for use.

4. IN CLASS:

- Please respect the Instructor and the energy of the room. We offer led classes: subject to modifications or any rest time/breaks that you require, please follow the class. If you wish to practice other asana or exercises, please do so prior to the start of class, or after savasana has ended.
- Please do not adjust the thermostats/fans in the studios.
- If you must leave early, please advise the instructor in advance. Please do not leave during savasana. Please respect the savasana of your fellow yogis by remaining still during this time, and refraining from further additional asana, including stretching, inversions, etc.
- At the end of class, please return all props to appropriate area; please do not block the Mat Storage Area with props.
- Please refrain from coming to class if you are experiencing any symptoms of illness, i.e. runny nose, cough or fever.

Covid-19 Temporary Measures:

- Instructors will not be providing hands-on adjustments.
- All mats are to be placed within designated spots.
- A number of classes will also be live-streamed for online participation. If you have concerns about being visible on camera, please place your mat outside of the camera view.
- Props will not be available for most classes. You may bring your own, or purchase at the studio or online, using our 15% discount code. Please visit the website for more information.
- Where props are used, they will be thoroughly disinfected with medical-grade disinfectant after each use.
- Please exit the practice rooms as soon as the class is done to allow time for disinfecting the space. No pictures or extra practice time for the time-being.

5. PURCHASES:

- Please review the "Terms and Conditions" page on the Studio website for all policies applicable to purchases and signing up for classes.

6. OTHER:

- Please respect your fellow yoga students, instructors and staff. Disruptive or harassing conduct of any kind will not be tolerated, and may result in the immediate suspension of a membership or a ban from the studio.
- Please leave all valuables at home –Yoga Light Studio is not responsible for lost/stolen items.
- Complimentary Mat Storage is available for all students with a package which is 6 months in duration or longer, however Yoga Light Studio is not responsible for lost or stolen mats. To participate in Mat Storage, please register a cubby with the Front Desk. Unclaimed mats that have not been registered, will be removed.
- Please do not leave mats at the Mat Cleaning Area. Unclaimed mats will be removed.
- Any comfortable clothing may be worn for classes; clothing must be worn over undergarments.
- Individuals who do not comply with the above guidelines may be denied entry into a class and/or the studio, and serious or repeated violations of the above guidelines may result in the cancellation of a studio membership or class passes without notice, and/or a studio ban.
- These guidelines are subject to change at any time without notice.

Please Be Safe:

We want to ensure that we can continue to practice together, with fewer restrictions, into the future. So, to protect the health and safety of our staff, instructors, and community, and all of our loved ones, anyone found in violation of studio policies or protocols, will have his or her class privileges immediately revoked, either temporarily, or permanently, without a refund.

On behalf of all of our staff and instructors, we thank you for supporting us and each other during the past several months. Circumstances are continuously evolving, so please be kind and patient with those around you.

Xo

Nancy & the Yoga Light Studio Team