



# STAY COVID SAFE

For In Person Yoga



## PRE BOOK - A MUST

We aim to continue to offer in person yoga regularly to meet demand. All events will be held at our regular venue Bitterne Park Dance Studio2. All sessions will need to be booked in advance. This will help to manage the limitation on class numbers for everyone's comfort and safety. Note: Until further notice no 'drop in' on the day will be possible.

## ARRIVE READY FOR YOGA

Come dressed in your yoga clothes with only essential personal items. Wait at entrance to be allocated a space in the main hall. Spot markers will be in place. These will indicate social distancing guidance. You will maintain the allocated space each session. Toilet facilities are available but you are advised to use your own facilities prior to attending class. Please use the wipes provided to wipe-down touch points following your use of mat and or bathroom usage.

## PRE PAY

As usual please book via via email this will help us to avoid any over booking. You will be given BACS details to transfer payment so we eliminate any handling of cash. Due to the limited class capacity all bookings are non refundable and non transferable unless you need to cancel due to developing Covid related symptoms. You can book by emailing [yogavedaukhub@gmail.com](mailto:yogavedaukhub@gmail.com)

## ARRIVAL

Sessions will have an arrival time 7:30 pm and a class start time 7:35 giving you approx 5mins to arrive and get settled. If you arrive prior to the stated time please wait outside or in your car. For ease of managing flow into the studio if you do notice a queue at the entrance please wait and follow social distancing rules. We will ensure all participants are settled before the session begins.



I TRULY LOOK FORWARD TO WELCOMING YOU BACK! TO PURSUE YOUR JOURNEY WITH YOGAVEDA UK

BRING YOUR OWN YOGA MAT & ANY PROPS YOU NEED LET US KNOW IF YOU NEED TO PURCHASE ANY EQUIPMENT WE HAVE STOCK AVAILABLE

PLACE YOUR MAT ON THE SPOT MARKERS WHICH ARE 2M+ APART

STAY 2m+ APART

## DURING CLASS

Please stay on your mat and socially distanced at all times. No partner work or hands on assists. Mantra, Kirtan, Lions breath & Breath of fire will not be taught or practiced. You are not required to wear a mask for class however if you'd like to wear one naturally you are more than welcome.

## HAND & FEET HYGIENE

Hand sanitiser & wipes will be available during sessions. Clean hands before & after class. Leave shoes in the shoe storage area before entering the hall; either use socks for walking across yoga space floor or wipe feet as well as hands.

\*\*\* clean your mat regularly spray, wipe, washing machine \*\*\*

ANY CONCERNS, QUESTIONS OR QUERIES, PLEASE DO NOT HESITATE TO CONTACT

[www.yogavedaukhub.com](http://www.yogavedaukhub.com)

[yogavedaukhub@gmail.com](mailto:yogavedaukhub@gmail.com)



THANK YOU FOR READING AND ADHERING TO YVUK COVID STAY SAFE POLICY  
NAMASTE!

