

## **COVID safety protocols for in-person classes – Lotus Yoga**

### **Welcome!**

- By entering our in-person classes, you are agreeing to abide by all of these safety measures.
- Thank you for consciously considering and honoring this community agreement.
- Let's keep our Lotus community, Lotus teachers and greater community safe together!

### **Wellness Self-check:**

- Please stay home if you are feeling unwell (cold, flu or any other illness, not just COVID) 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.

### **Masking now optional and welcome:**

- Masks are now welcome, encouraged if you want to wear one and optional if you prefer to go without.

### **We continue to offer online options for all classes: please attend online if:**

- ...online feels like a better option to you at this time.
- ...you have been exposed to someone who tested positive for COVID within the last two weeks
- ...you think you might have been exposed to COVID

### **PRE-REGISTRATION is Required:**

- We will be leaving lots of space between students in-person.
- Please cancel your in-person reservation if you are unable to make it to class so another student can attend.

### **Bring Your Own:**

- Yoga Mat
- Water
- Layered clothing
- Other Props: You may also bring any other props you might want.
  - We are not able to not offer any community props at this time.

### **Our In-person Teachers Are Vaccinated:**

- All of our in-person class teachers want to teach in person (we are giving teachers the choice) and of our in-person teachers are fully vaccinated.

### **Have Questions, Comments or Thoughts to Share?**

- We Always Want to Hear from You!
- Reach out we would love to hear from you!
- [Maia@lotusyoga.biz](mailto:Maia@lotusyoga.biz)