



# Welcome back Bookings

If you don't cancel your booking online at least 12 hours before the class starts, you are late or you fail to attend class, you will lose the face value of your class.

Bookings and Cancellations can be made online. If you simply don't turn up, you will be charged the full session fee.

Payments for all classes will be taken prior to attending the class using Bookwhen system.

## Personal Space Class Capacity

All classes will operate with a 2m spacing between mats. Max class size will be 9 plus teacher (which may be reviewed).

We will continue to monitor the popularity of this class and your opportunities to practice.

We will amend class volumes as necessary and continue to monitor Government guidance on Social Distancing.

Please armour yourself with patience. We can do it together.



## Please be prompt Arrivals & Exits

Please ensure that you arrive only 10 mins before the class starts. Please be prompt. Any latecomers will not be admitted to class and you will lose your booking. Please follow Social Distancing guidelines that will be available to you.

We ask that you exit the studio and 15 mins of class finishing so we can adhere to our cleaning protocols.

Please try to keep socially distanced from one another in the communal areas of the studios. We will have markings laid out to help you!

# Be Responsible Social Distancing

Please come ready for class.

Bring a water bottle.

Make sure you bring your mat and any props you may need for class. These need to be regularly cleaned.

We will remind you of your responsibility to be socially distant from one another in the building, with guidance on how to move through the space and where to place your mat.



## Keep it Clean Hygiene

There will be hand washing facilities and sanitisers in the studio – please use them before and after class. Please maintain overall good hygiene. We recommend changing from your yoga kit as soon as you can after leaving the studio.

Tips for cleaning mats can be found [HERE](#).

Practices will no longer include partner work, teacher assists and all breathing practices will be through the nose.



## Illness

For the sake of yourself and for others, please do not come to the studio if you are in any way ill.

If you have symptoms, undiagnosed or otherwise, of Covid-19, please inform Yoga with Mags straight away. If you have been in close contact with someone who has symptoms of Covid-19 please let Yoga with Mags know straight away.

PHE describes High Risk as someone you have been in close contact with (less than 2m) for more than 15 minutes. You will be asked to Self-Isolate. You will not be able to book a further class with us for 14 days. We will instigate studio cleaning in line with PHE guidelines.

