

## **UPDATED STUDIO COVID PROTOCOL (May 19, 2022):**

We are looking forward to practicing with you in our beautiful studio! Please take a moment to familiarize yourself with our current studio etiquette below.

1. All students attending a class in person are required to be fully vaccinated including boosters. You will be asked to present proof of vaccination at your first class. You will not be able to attend class without proof of full vaccination.
2. Masks will be required for some classes and not others based on the needs of the class. Each class on the schedule will specify whether a mask is required or optional.
3. Because our in-person class size is limited, you will need to reserve a spot ahead of time through our website. We have a 24-hour cancellation policy.
4. If you are presenting ANY symptoms of illness or even allergies, please stay home, even if you know you do not have Covid. Examples of symptoms are a cough, sneezing, runny nose, fever, etc. This choice allows other people in class to enjoy their practices worry-free.
5. Doors will open 15 minutes before class and will close right at the start of class. We encourage you to arrive at least 10 minutes early.
6. We currently have mats, yoga blocks, straps, bolsters, and chairs available for use! You are welcome to bring any of your own supplies to class.
7. In making your choice to attend class in-person you are agreeing to respect the studio policies. We ask that you approach teachers and staff who are holding space for you with understanding and kindness. Our approach to gradual reopening has been created in thoughtful collaboration with our team based on the needs of our therapeutic following. We're all in this together.

***I have read and understood Phinney Ridge Yoga's Covid protocols.***

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