

Dear Yogis

finally we are allowed to meet again for practising Yoga in the studios together!

In order that this may continue as long as possible despite the still existing corona risks, I would like to ask you and all other students to follow the following rules:

Hygiene rules for the Yoga studios

Risk of infection

Students* with symptoms of an acute respiratory disease or with an ordered quarantine are unfortunately not allowed to enter the school.

Yoga mats and props

Please bring your own yoga mat and towel any other props you may need (blocks, belt and/or blanket) to class. We are not allowed to distribute mats, blankets, bolsters or belts and cannot store material with us.

You do not have your own mat, blocks etc. yet? Then please contact me!

Distance rule

In the studio, a minimum distance of 1.5 m is generally applicable. During classes in the exercise room (on the mat) the distance is 2.5 m. For this reason the number of participants is limited to 8-9 persons (depending on the size of the studio). The positions and the distance between the mats are marked. Please register in time in the online portal for the participation in the studio. If all studio places are occupied, you can also participate online via zoom.

Special care and consideration is required when entering and leaving the school as the entrance area is narrow. Only one person can enter or leave the yogacenter at a time, following persons have to wait in the staircase or corridor area until they can enter the studio while observing the distance rule.

Obligation to wear a mask

Please do wear your mask (mouth and nose cover) when entering and leaving the school. If you are sitting on your mat, you are welcome to take your mask off. After the lesson, please put the mask back on and leave the room quickly.

Washing / disinfecting hands

We ask everyone to go directly - without touching anything beforehand - to the washbasin in the kitchen or in the WC rooms when entering the studio and to wash their hands thoroughly. Please bring your own hand towel.



Of course there is also hand disinfectant available - but this is not meant to replace washing your hands.

Changing room

Ideally, you should already enter the school in your training clothes, as the changing room can only be used to a limited extent due to lack of space (please observe the distance rule)! Alternatively, the toilet facilities can be used for changing.

Drinks

Bring something to drink in your own water bottle. Until further notice we cannot offer you drinks (tea) in glasses / cups from the studio.

Ventilation

As the practice room has large windows, sufficient ventilation is ensured before, during and after the lessons. We will leave the windows open during the lessons if possible.

Disinfection

After class we will disinfect door handles, taps etc. A surface disinfectant is available.

Instructions posted by the studio owners must be followed.

Obligation to register

For the traceability of attendance, please register in the attendance list provided.

We have to ask for contact details (as in restaurants). I have the email address, please complete your profile on the Fitogram online portal with your home address and mobile phone number.

Thank you very much for your attention and consideration !

I look forward to seeing you again on the mat!



Please keep your distance, be careful and stay healthy!

Best regards,

Renate Gritschke

