



IYENGAR YOGA IN THE MEWS STUDIO TERMS AND CONDITIONS DURING THE CORONAVIRUS PANDEMIC

We are taking a number of precautions to protect everyone's health and wellbeing:

- Either bring your own yoga mat, or you can borrow one free of charge from the studio for the duration of the pandemic. (You will need to sign for it and take it home with you to clean between classes).
- Either bring your own full set of equipment or use the shared equipment within the studio. (Please note I can provide chairs for everyone – cleaning materials will be available for you to use with shared equipment where appropriate).
- All classes will be carried out with 1m+ social distancing and max classes will be reduced to 13 people to accommodate this.
- All communal spaces will be washed and disinfected between each class
- Students are welcome to wear masks if they feel they can properly breathe and do poses
- Hand sanitiser will be provided at the entrance
- There will be three separate areas where students can wash their hands
- Please wash your feet before coming to class and wear socks so that you arrive with clean feet
- Please arrive ready for the class with minimal personal belongings
- Please arrive 10-15 minutes before class begins so we can have staggered entry into the studio and changing rooms – please make sure to socially distance when you are outside the studio entrance too
- There will be contact-free temperature checks at the entrance: unfortunately, if you have a high temperature then you will not be permitted to enter and cannot be refunded
- I will not be making hands-on adjustments to poses
- Windows will be open/extractor fans will be in use before, during, and after the classes to maximise fresh airflow in the studio

If you have been advised to self-isolate due to close contact with someone experiencing Coronavirus, or are experiencing Coronavirus symptoms yourself, please do not come to class during your quarantine. Unfortunately, we are unable to offer refunds or class transfers if this occurs.

We recommend taking part in the NHS free twice-weekly lateral flow tests at home to help lower the rate of transmission of Covid-19.

In the event of a local or national lockdown our normal timetabled classes at Iyengar Yoga in the Mews will be held online via Zoom with enough spaces for everyone else who has signed up for that month.

We are unable to offer any refunds for in-person classes during any local or national lockdowns/restricted periods as we are offering an online alternative. Classes within a lockdown period are non-transferable.

If I have to self-isolate, then classes for that period will be held on Zoom. If I fall ill and am unable to teach, refunds will be unavailable, but payments will be held as credit for future classes, as per normal policy.

I understand and agree to the above conditions set by Iyengar Yoga in the Mews

Signed.....

Date.....