

SAFETY FIRST

As we reopen our studio our highest priority is keeping our clients, staff and community healthy and safe. We are so excited to see you again in person we have missed you so much!

Practice Distance



- Please reserve your class online as we will not be accepting walk-ins at this time.
- Please wait outside the studio if you arrive more than 10 minutes before your class. The studio doors will be kept locked and we will welcome you in when the studio is clean and ready.
- Please do not hang out in the lobby during this time.
- Please place your mat in one of the taped off areas we have provided to ensure everyone is at a safe distance of at least 6 ft apart.
- Teachers will be staying in their area at the front of the class and will use mics so they can be heard.

Contact Free



- Please bring your own mat, towel, blocks or straps as we will not be providing any props.
- Please sign into your class when you arrive at the studio on your Hamsa Power Yoga Mindbody app.
- Please sign the online waver on our website before coming to your first class.
- Teachers will be giving only verbal cues, no hands-on adjustments at this time.
- We will be offering lots of winks and smiles!

Clean Studio



- We will be washing the floors between each class with EPA approved cleaners and will sterilize all areas of the studio consistently throughout the day.
- We will have a professional cleaning crew in the studio multiple times a week.
- Our staff will be wearing masks and gloves in the lobby, at all times.
- We encourage clients to please wear masks while in the studio and you may take them off if you chose once set yourself up on your mat.

Feeling OK?



- If you are not feeling well or have symptoms of COVID-19 please do not attend class for your well-being as well as the health and well-being of your fellow yogis, teachers and community.
- If you had COVID-19 please do not attend classes until you have waited 14 days or had a negative test.
- Our staff will be following these same guidelines and daily self-checks.
- Practice self-care for yourself as well as your fellow yogis and community. We are so grateful for your help in keeping our community safe!