



Dear Students,

Based on current rulings, and best practices shared by national yoga organizations, we have re-opened for in person visits to our studio. Please see the schedule tab classes and events.

Our community health and safety is our top priority. We need your assistance in keeping yourself and others safe. We believe in doing so, we can provide a safe and healthy yoga environment. As we all know, yoga is important, and a wonderful way to stay healthy. Below we outline the expectations and processes we will use to keep things safe. These are necessary changes. We are here to help you.

Your Personal Health

1. If you are sick, or exhibit flu-like symptoms such as fever, cough, shortness of breath or breathing difficulties or a rise in temperature, please stay home. Consider contacting your physician.
2. Be aware of others that may be sick in your home
3. If you test positive for the Covid 19 virus, we would ask that you inform us by contacting the owner of Sun Yoga Tampa.

Studio Check In and Class Booking Process

- All classes, virtual or in person should be registered for in advance. You can register through the website, or Mindbody app. Instructions are on the website. In studio space is limited.
- All students must complete the NEW LIABILITY WAIVER
- In person class sizes will be limited to 12 students to allow for physical distancing
 - Book early; if you cannot attend please cancel so that others can attend
 - Reservations must be cancelled at least 60 minutes in advance for a refund
 - There will be a waiting list
- We will have no water, towels or props in the studio please bring your own

- On arrival at the studio, once the door is propped open, students should:
 - Exercise physical distancing outside the studio and on entry
 - Face coverings should be worn when social distancing is a challenge, but are not required during practice
- At the end of class the teacher will prop open the door

Hand sanitizer will be provided in convenient places in the studio and should be used after touching surfaces such as door knob and bathroom fixtures. We will continuously sanitize the surfaces between classes as well.

Studio Cleanliness and Preparation

While we always maintain the highest standards in cleanliness we will take additional steps to decrease germs in our studio environment.

1. Surfaces: we will continuously clean and sanitize countertops, door handles, bathroom fixtures, yoga floors, and often-touched areas multiples times each day, particularly between classes.
2. We will maintain a checklist of studio cleansing to assist teachers and staff to assure the studio is as clean as possible
3. When in doubt? Wash your hands or use hand sanitizer

We greatly appreciate your understanding and compliance of these guidelines for the well-being of all. Once we get used to it, things will flow smoothly. As this is all new, some of these procedures may be adjusted to meet the needs of our community. We know you will be patient and compassionate towards each other as we find balance following the current recommendations for gathering.

We are looking forward to reconnecting with our yoga family in person. Please feel free to reach out with any suggestions, questions and concerns.

Love & Light,

Willow and your Sun Yoga Tampa Family