

General guidelines for face to face classes during Covid 19

- All classes must be pre-booked online for track and trace.
- Anyone attending a face to face class needs to be symptom free of Covid-19, so please do not attend if you are feeling unwell or have any symptoms of Covid-19. In addition please do not attend if you have been asked to quarantine or isolate for any reason.
- Please bring your own mat and equipment.
- Please maintain social distancing guidelines at all times during the class.

Guidelines for using the top floor at Old Low Light for Yoga

In addition to the general Covid 19 guidelines above, the below are additional measures specific to OLL:

- OLL have asked that I am on site to greet guests and direct them upstairs. I will be outside the building about 9.20am so perhaps you could arrive by 9.25am to get upstairs and started by 9.30am
- To help ensure 2 metre social distancing OLL have had to limit the total number of people in the building, and the number of people in each room. The top floor that we use can take up to 20 people, however I intend to limit the class numbers to 12 initially.
- When arriving at OLL and walking around the building, to protect everyone they ask that masks or face coverings are worn. However, PPE such as masks and visors are not required when we are socially distanced in the top floor room, doing yoga.
- To protect everyone, they also ask that hand cleaning regimes are followed and people use hand gel on entry and at exit.

Guidelines and tips for coming to Home Studio

In addition to the general Covid 19 guidelines above, the below are additional measures specific to Home Studio:

- Please do not arrive more than 10 minutes before the class start time. I will aim to leave the door open for easy entry, weather permitting.
- Please bring a bag with you to put your belongings in and leave outside the studio.
- Please use the hand sanitiser provided before and after class.

General guidelines for beach yoga or practising outside

In addition to general Covid 19 guidelines above, below are additional tips for practising outside:

- Tent pegs are useful to hold you mat down in breezy conditions.

- Please be aware of your outdoor surroundings and take care, Yoga on the beach or grass is different to practicing inside so be aware of any uneven/soft surface and practice mindfully.
- The public areas in Tynemouth can be very busy on a daily basis and there may be a bit of litter around first thing in the morning particularly on the beach so do be careful. I usually bring a bag down for litter although the volunteer beach cleaners are amazing and have usually pretty much cleared anything left overnight by 8am
- Please wear suitable clothing, layers are always best, and have sunscreen etc if necessary
- Outside classes are of course weather dependent but once you have booked onto a class I will contact you direct with any updates.