



# Downward Dog YOGA

## **Studio Policies regarding Covid-19 effective June 10, 2020**

### Studio Class policies:

- Everyone is required to use Hand Sanitizer when entering & exiting the studio
- Face masks or Face shields are required to enter/exit the studio
- Students are encouraged to wear masks or shields while practicing, but it is optional
- Only 14 students plus 1 teacher will be allowed in the studio to maintain 6 feet between each person
- Everyone MUST sign in online in advance through MindBody
- Punch cards, walk-in fees & memberships MUST be purchased in advance through MindBody, at this time we will not be processing any transactions at the studio
- Studio classes are limited to 14 students
- You MUST bring your own mat & any props, studio mats & props will NOT be available for use
- All classes are currently available virtually through the Zoom platform, all students have the option to practice at home
- Please do not attend studio classes if you are not feeling well, if you have been exposed to anyone with COVID-19 or if you have tested positive for COVID-19

If you have any questions, please email:  
[info@downwarddog-yoga.com](mailto:info@downwarddog-yoga.com)