



Hello Friend,

We're so glad you found us! Thank you for registering for a Goat Yoga class.

Due to COVID-19 we are taking additional precautions to ensure the safety of teachers, students, and the staff at the farm. Please read this document thoroughly and contact us if you have any questions.

COVID-19 protocols and procedures:

- The yoga instructor will be present at each class to oversee the check-in process, direct people to their position and ensure that all COVID-19 procedures are followed.
- Spots for yoga mats will be marked out in advance to make sure that students are a minimum of 2 metres apart. No hands-on adjustments will be permitted.
- Hand sanitizer will be available.

Please also follow these additional instructions:

- Please do not come to class if you are feeling unwell or if you have potentially been in contact with someone who is sick. Should you start to feel unwell with cold or flu-like symptoms, please let us know by phone, text or email in advance of the start of class. We'd be happy to hold your registration for a future class. Thank you for protecting others!
- All students are encouraged to bring their own yoga mat and blocks.
- Carry only the essentials. This way, entering and leaving the class is quick and simple. This includes coming ready to class without having to change.
- Please bring your own water as we will not be supplying a hydration station.

We look forward to seeing you!

Best wishes,  
Kelly & Mia