

Sattva Community COVID19 Announcement

Here's what WE are doing to protect our Sattva community, ensuring our yoga center continues to be a safe space for everybody:

- ❑ In lieu of hugs and high-fives, we can greet each other with respectful bows, and "namaste's";
- ❑ All our classes will be equipped with hand sanitizers and disinfectant wipes;
- ❑ As always, we'll ensure we have clean bathroom access;
- ❑ As always, we'll ensure a clean studio and have incorporated sanitizing sprays and disinfectant wipes into our cleaning regimen;
- ❑ We strongly suggest utilizing wipes and sprays on studio props before and after use; **or better yet, bring your own props to class to use as blankets, bolsters, and blocks.**
- ❑ If you're feeling unwell or have a vulnerable network, we'll happily put a hold on your 10-class or Monthly passes while you convalesce - just give us a head's up at info@sattvayogacenter.com.
- ❑ Teachers may be doing verbal adjustments only during class. Please inform your teacher if you wish to have verbal adjustments only during class.

And here's what we are asking of YOU to help keep our community healthy:

- ❑ ***Avoid touching face, lots of 20-second hand-washing and hand sanitizer, covering of mouth + nose with your elbow or towel to cough or sneeze, and mindful movements through space;***
- ❑ ***Students are asked to stay home if:***
 - ❑ You are at high risk for COV (age 60+ WITH relevant pre-existing conditions) OR live and work with someone at high risk;
 - ❑ Anyone in your immediate community suspects they have COV;
 - ❑ You've traveled to a high risk country in the last 2 weeks;
 - ❑ You're feeling under the weather, experiencing flu-like symptoms, are immunocompromised or are in close contact with anyone who is.

***** Final note: Students who are 60+ years of age not in the aforementioned risk groups are absolutely welcome to attend classes; however, we encourage you to employ best practices at all times, as the medical field doesn't yet know much about the virus, and it does seem to have a disproportionately high infection rate among that age demographic.***

All this to say—we are all ears, and we are listening. We welcome any feedback you may have via e-mail or phone (info@sattvayogacenter.com / leave a voicemail at 760.877.8180). Because at the end of the day, the well-being of our community is at the heart of what we do.

