

One Yoga Vernon

We have made some changes to keep students, teacher and the overall community safe and healthy during this health crisis, please note the following:

- ◆ We politely ask that anyone with ANY symptoms of illness (fever, cough, sore throat or difficulty breathing, etc.) or anyone who's circumstances require self-isolation to please refrain from entering the studio.
- ◆ We will be limiting the occupancy of each class as well as adjusting some class times to limit the number of students gathering at any one time. Spacing for your mats will be mapped out on the floor and we are asking all students to do their utmost to honour and maintain safe social distancing as you enter and leave the studio and while in the studio during class.
- ◆ **We will NOT** have mats, bolsters, eye pillows, blankets, blocks or water glasses available for student use. We request that you bring your own mat and any props you require plus your own water bottle as we will no longer have glassware on site. We will maintain a water bottle filling station for you to use
- ◆ There will be no hands-on adjustments in class. There will be no Yin Yogassage, Reiki & Restorative or Hot Stone Meditations offered until such time it is deemed safe.
- ◆ We will follow the current Interior Health standards requiring all teachers to self-monitor for symptoms. in the event one of our regularly scheduled teachers is unable to deliver a class we will NOT be subbing the class and it will be cancelled
- ◆ We will be using a bleach & water antiviral disinfectant solution as recommended by CDC BC to sanitize the studio & restroom. Class times have been adjusted to facilitate additional cleaning time.

We understand that recent times have been challenging for all of us, we have been asked to do a great deal of adapting during the COVID-19 Pandemic and because of this, we have done a great job here in the BC Interior. We want to continue to ensure that opening our social circles can be done with an equally high level of continued consciousness. Our greatest intention in moving forward is to adjust our practices in such a way that we will be able to keep moving forward limiting risk as much as possible to avoid this opportunity being rescinded.

We trust that for those of you who are healthy and ready to return to studio life, together we can re-create an enjoyable studio experience while holding the health of our communities most vulnerable paramount in our decision-making. For those of you that will choose to stay home we commit to continued online classes to honour both your choice to stay home and your daily practice.

Thank you in advance for your commitment and co-operation.

Shawn McMann

One Yoga Vernon Teacher and Student

Practice Courage. Grow Roots. Fly High. Truth Is. We Are One.