

# Boher Yoga Classes – Autumn 2020

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## Covid-19 Protocol

### Yoga Classes:

- All class numbers are now limited to 8 or 9 and social distancing will be in place. The space has been measured out and stickers placed on the floor to show where to place each mat.
- All yoga class will now be 60 minutes.
- Students must book their place for all classes in blocks of 5 weeks and I can no longer facilitate swapping of classes. I hope to stream the classes through zoom, so you are welcome to catch another class online if you miss one during the week.
- All students are requested to bring their own yoga mats, blocks, cushions, blankets & water bottles no shared items will be available for use.
- I will register attendance for each class.
- Students are required to stay on their mat before class and if queuing for any reason must adhere to social distancing.

### Cleaning & sanitising:

- Student can enter through the main entrance as usual and leave from the side exit door in the hall. Sanitiser is available at the entrance and exit of the hall so that students first disinfect their hands as they enter and exit.
- Areas such as door handles, light switches, toilet handles will all be disinfected by the me before & after class. When possible, it is recommended to avoid contact with any vulnerable areas, doors to be opened and closed by the yoga teacher where possible so please arrive on time for class.
- The hall will be kept well ventilated and cleaned and sanitised regularly before & after each class.
- Respect for social distancing rules on the premises and outside the studio as you enter and leave the hall.
- We ask that all students leave the hall one after the other, respecting the safety distances. They are also requested to respect the safety distances outside the yoga studio area as they enter and leave.
- All classes will now have 30 mins between end and start times go allow people to leave and distance safety.

### Vulnerable people:

- Particularly vulnerable people are requested to follow the advice of the HSE and to refrain from coming to yoga class for the time being.
- Students with symptoms of illness and/or allergies (sneezing) & ( coughing ) are asked to stay at home at this time – they are welcome to join an online class.

This protocol is subject to change please email me at [luciayogawellness@gmail.com](mailto:luciayogawellness@gmail.com) or call on 086 8214512 with any questions regarding classes.