



COVID SECURE Class Guide

Yoga in the Meadow

Pre Book Class

I have a range of classes from in person & online open classes. I'll be adding some workshops soon too. All sessions need to be booked in advance to manage & limit class numbers for everyone's comfort & safety. You will also need to complete the updated student registration form at least 24 hours before attending your first class

Pre Pay

When you book you'll need to pay to reserve your space & enable a cashless operation. Due to the limited class capacity, all bookings are non refundable & non transferable (unless cancelled due to the weather - they will be transferred). Please read the full joining instructions before coming to class.

Arrive Ready to Yoga

Come dressed in your yoga clothes with your mat, water & essential items to minimise congestion. There is no bathroom, so please wash your hands before you arrive. No yoga equipment will be provided, so do bring your own. A couple of blankets, small cushion, belt/tie & a long scarf or sarong to cover your self with in Savasana are useful.

Class Arrival

In person classes have an arrival time & a class start time, giving you 15 mins to arrive & get settled. Please follow the separate parking guide. From the arrival time follow the signage to the Meadow & set your mat up behind the yellow marker. Please keep a 2m+ gap between all other attendees, at all times.



WELCOME BACK!!
Lets Move. Pause. Grow

Bring your own yoga mat & any yoga equipment you need

Place the top of your mat behind yellow markers which are 2M+ apart

2m+ APART

During Class

Health & Hygiene

- » Please stay on your mat & socially distanced
- » Keep your shoes on until you're on your mat. Keep them beside your mat
- » There will be no partner work, hands on assists or chanting. Some pranayama will not be taught.
- » You do not need a mask during class, but please wear one to & from class. If you'd like to wear a mask during, you are welcome too

- » There is no bathroom, so please wash your hands before & after you arrive
- » Use hand sanitiser provided (or your own) at the start & end of class.
- » The ground is a little uneven & hard, so mind your step & use padding for comfort
- » Think allergies, meds, drinking water, sunscreen, fly spray etc
- » If you or any of your household members feel unwell, please don't attend
- » Follow the UK Gov Covid guidelines

Clean your mat regularly spray, wipe or washing machine



Any concerns, questions or requests let Melé know

www.meleyoga.com
e: mel@meleyoga.com
s: @meleyoga
m: 07947 867 360