



COVID SECURE Class Guide

Indoor In Person Yoga

Pre Book Class

I have a range of classes in person & online classes & workshops. All sessions need to be booked in advance to manage & limit class numbers for everyone's comfort & safety. Before attending your first class with me (since Feb 2020) you will need to complete the updated student registration form at least 24 hours before attending

Pre Pay

When you book you'll need to pay to reserve your space & enable a cashless operation. Due to limited class capacity, all bookings are non refundable & non transferable. 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. No yoga equipment will be provided, so do bring your own. Think layers to keep warm, a 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, giving you 15 mins to arrive & get settled. If you arrive early please wait in your car/outside. Please wash/sanitise hands before & after class. When you arrive at the yoga space, set up 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



During Class

- » Please wear your mask to & from class. You don't need a mask during class, but if you'd like to you are welcome too
- » Keep your socks on until you're on your mat, then keep them beside your mat
- » Stay on your mat & socially distanced
- » There will be no partner work, hands on assists or chanting. Some pranayama will not be taught.

Health & Hygiene

- » Hand sanitiser, hand washing facilities & wipes are available at classes.
- » Please clean hands before & after class. Use socks/wipe hands & feet if you have walked across the yoga space floor.
 - » 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