

Covid-19 Protocol for In-Person Classes at Shree Studio

At home, before class

1

- **Make a reservation and pay online;** this is required for indoor classes. There will be a maximum of six students plus the teacher indoors.
- **Sign our new Covid-19 waiver.**
- Bring your own yoga mat and props, and water to drink.
- Bring a face mask to cover both mouth and nose at all times, including during the practice. Disposable surgical masks may be easier to breathe through than a cloth mask.

Arrive to class

2

- **Arrive 15 minutes** prior to class start time to allow for our health protocols.
- **Leave all non-essential** items in your car.
- **Maintain social distance** outside the studio and wear your mask. The teacher will invite you in, one at a time.
- Your teacher will be wearing a face mask.
- Your teacher will take your temperature with a contactless thermometer. If your temperature registers above 99, we ask that you leave.
- Your teacher will ask if, in the past two weeks: *Have you had a cough? Have you had a fever? Do you live with anyone who is sick or quarantined? Have you been in physical proximity with anyone from a restricted state?* If you answer yes, we ask that you leave.

Before class

3

- We will provide a touch-less dispenser for hand sanitizer.
- The floor is marked at 6-foot intervals to show where to place your mat. Please maintain 6-foot social distancing and stay on your mat at all times except to use the restroom.

During class

4

- We will run a medical-grade HEPA filter continuously, 24/7.
- We will run fans on low, as well as open door and windows, weather permitting.
- The teacher will teach and practice at the front of the room with a mask on. They will not walk around but will observe you and give feedback from their mat.
- The teacher will not do any physical adjustments.
- The restrooms will be open—face masks required. Please use the dilute bleach solution to spray down all touched surfaces after use.

During a hybrid class (in person, plus on Zoom)

5

- There will be a camera in the room focused exclusively on the teacher.
- After greeting you, the teacher will greet and check in the online students.
- From time to time, the teacher will observe online students on the monitor give them personal feedback.
- At the conclusion of class, the teacher will say goodbye to the online students first. During this time, please pack up your props and chat with your friends from your mat.

After class

6

- **Please wait** for the teacher to invite you to leave the studio, one by one—to maintain social distance.
- You're welcome to distance-chat with your friends outside and in the parking lot.
- **After every class, we will:**
 - Sanitize all touched surfaces with a dilute bleach solution.
 - Mop the studio floor with a sanitizing hot steam mop.
 - Run ozone antivirus equipment between classes and overnight.

References:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

HEPA air filtration: <https://www.consumerreports.org/air-purifiers/what-to-know-about-air-purifiers-and-coronavirus/>

Ozone as antiviral: <https://www.imedpub.com/articles/effect-of-ozonation-on-pathogenic-bacteria.pdf>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312702/>