

Low Risk Criteria Checklist to Attend In-Person Class

Please be sure you truthfully meet the following criteria before coming to class in person.

- I feel well and agree to protect the immunity of myself and others.
- I have had no fever, cold or flu like symptoms in the past 14 days including coughing or sneezing.
- I have remained local, have not travelled or been in large crowds in the last 14 days.
- I have not been in contact with anyone with COVID or other illness in the past 14 days.
- I am not considered as a high risk for COVID.
- I agree to follow the designated health safety rules set by Iyengar Yoga Source and Staff.
- I have studied at the yoga center previously .

In-Person Yoga Class
Health and Wellness First -What's Been Done to Welcome You

We have established low risk criteria to attend *In-Person Class*.

Health conscious etiquette is in place to enter, take class, and exit the yoga center .

Our protocol for conducting classes is stable and easy to follow.

We provide a touch-less check in process and online payments.

Temperature reading (thermal scan) is taken at entrance.

Yoga Practice stations are in place 6 or more feet apart.

Windows will be open to provide ample ventilation.

We provide hand sanitizers and masks.

Yoga mats and props are provided. No personal props are permitted at this time.

Adjustments will only be given if both teacher and practitioner agree and both wear a mask.

A prop disinfectant process and area has been established to disinfect and keep props clean.

Class size has been reduced. We have in place a gradual re-opening process. First 3 people in class, then 5, eventually no more than 9 until further notice. This will continue to be determined through San Diego County health department information and case statistics.

Please note: Although Iyengar Yoga Source and Staff are taking the utmost care with established guidelines, safety measures and protocol, it is impossible to guarantee that you will not be exposed to the coronavirus. You are taking class at your own risk and the Iyengar Yoga Source LLC. and Staff cannot be held responsible should you fall ill. All practitioners are required to sign our waiver on line or in person prior to participating.

Namaste. You have been accepted to attend an In-person yoga class....welcome! You meet the low risk criteria checklist posted online and on the front door. You are symptom free. Please observe the following:

Guidelines and Protocol for In-Person Class:

Before entering the Center

- You have met the low risk criteria.
- Leave your belongings in your vehicle.
- Wear a mask when in the building.
- Enter the building through the front door downstairs.
- Proceed to the downstairs restroom. Wash your hands for 20 or more seconds. Use a paper towel to open the restroom door when exiting.
- Come upstairs with your mask on then walk down the hallway to enter the yoga center.

Upon Entering the Center

- Have your temperature taken and recorded.
- Place your keys in an upright paper bowl in a cubby.
- Take a baggie from the cubby to keep your mask near the mat while you practice.
- Use hand sanitizer.
- Take your required props and go to a designated practice station. Use our props: no props from home at this time.
- Place mask in plastic bag provided and keep it near you.
- Practice yoga in your designated space observing a proper social distance of 6ft or greater.
- A mask is not required when practicing in your designated space, but is required when leaving your practice area (i.e to use a wall or get a prop) and/ or in proximity of less than 6 feet of another practitioner.

At the end of class place your used props in the designated disinfectant area near the front desk. Your teacher will direct you.

Take your keys from the bowl and flip it over to indicate it has been used.

When exiting please go out via the side stairwell door and walk around to the front of the building. We recommend you wash your hands before entering your vehicle, even if you have used the hand sanitizers provided by us.

Take the in-person yoga experience forward with you, and come again in-person, or online through our live stream classes.