

Coronavirus (COVID-19) Safety

In light of cold/flu and coronavirus (COVID-19) concerns, we want to inform you of the sanitary measures **Infinite Light Center** is taking to ensure your safety.

Here's What We're Doing ~

Our restrooms are equipped with disinfectant soap and there is hand sanitizer at the front desk.

Our teachers and staff are required to wash their hands regularly and will not teach/work if they are ill or are developing symptoms.

Tissues are available in every studio and treatment room, as well as the lobby and front desk.

We regularly clean/disinfect floors, doorknobs, counters, Yoga blankets, barres & props (bolsters, blocks & hand weights).

All Infinite Light teachers use excellent directional language instead of physical prompts, which limits physical contact during classes and limits exposure to possible germs.

Here's What You Can Do ~

Don't Panic! Practicing Yoga, Pilates & Barre are some of the best ways you can build and support a healthy immune system, so continue coming to classes if you are healthy.

Stay Home If You're Sick. If you're sick or are developing symptoms (cough, sneeze, fever), please stay home and contact a medical professional. Also, if you've traveled to any affected area within the last 2-3 weeks, please don't come to class. Contact us if you are pre-registered, and if needed, we can freeze your class pass.

Wash Your Hands Frequently. You'll find disinfectant soap in our restrooms and also hand sanitizer at the front desk. For directions on effective handwashing techniques, click here-

https://www.cnn.com/2020/02/28/health/how-to-wash-hands-coronavirus-trnd/index.html?utm_medium=social&utm_source=fbCNN&utm_content=2020-02-28T14:00:04&utm_term=link&fbclid=IwAR1A3k3gdezkaIVpCpkY5ziOOu7R_bHjSBAXRO2lbv1tq0oPOLdhud8Hunw

Maintain Good Respiratory Hygiene. Avoid touching your eyes, nose and mouth. If you need to cough or sneeze, please do so into a tissue or your elbow, then properly dispose of the tissue.

Maintain Social Distance. Avoid unnecessary physical contact (handshakes, hugs, etc).

Bring Your Own Mat. Although we have loaner mats, we encourage you to bring and use your own mat to avoid exposure to germs. You may also want to invest in disinfectant wipes for regular mat cleaning.

Bring Your Own Blanket. If you're concerned about germs on soft surfaces, we encourage you to bring your own blanket (and cushion) to class. We wash our blankets regularly but are not able to wash them after each and every class.

Get Updates. The CDC information, recommendations & updates can be found here- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Stay in Touch. If you have any questions or concerns, please get in touch with us.

Namaste,

The Infinite Light Center Staff

info@infinitelightcenter.com

315-373-0626