

Infinite Light Center

Yoga Class Guidelines

UPDATED 6/15/21

Infinite Light Center is open for in-person Yoga Classes. We follow the CDC guidelines for vaccinated individuals. Read on to learn what to expect when you come in for a Yoga class.

Before You Arrive-

All students must pre-register for classes. Sign up online here (<https://infinitelightcenter.com/yoga-classes/yoga-class-schedule/>) or if you have trouble with our scheduling system, contact Tony to register (315-480-1996 or triposo@infinitelightyoga.com). **No walk ins please!** Bring your own yoga mat, as well as anything else you need for class. If you are not feeling well, please do not come to the center. Instead, take advantage of our On-Demand classes. You can find them [here](#).

When You Get Here-

Please arrive no more than 15 minutes before class & check in at the front desk. Doors are locked in between classes and open 15 minutes before each class begins. Once class begins, the front door will be locked, so please arrive on time.

Your In-Class Experience-

You'll find tape on the floor designated for Yoga mats, spaced **6 feet apart**. Face coverings are required for those who are not fully vaccinated (per CDC guidelines), and are suggested for those who want to take extra precautions.

On-Demand Yoga Classes-

We will continue to provide On-Demand Yoga Classes for those who are not ready to come back to the studio, who live at a distance, or who simply want to take classes on their own schedule. [More info here.](#)

Class Cancellations-

If you signed up for class and find that you need to cancel, please log into your account and remove yourself from class at least 15 minutes before class begins in order to avoid being charged. If you need help, please contact Tony (315-480-1996 or triposo@infinitelightyoga.com) at least 15 minutes before class begins. If we need to cancel a class due to teacher illness, weather, or any other reason, we will cancel it on our schedule page and all students who are registered will receive an email notification. Make sure your email is current in our system to ensure you receive important notifications.

We appreciate you following these guidelines so we can all stay safe & enjoy coming to Yoga class! If you have any questions or concerns, please don't hesitate to get in touch with us.

Namaste,

Tony, Mary & the Infinite Light Staff

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