



COVID-19 Safety Guidelines

Please,

- If you have any symptoms please do not attend the Shala (Daily live ZOOM classes will be ongoing).
- Shower before arrival at the Shala.
- Spray your hands and feet with sanitiser provided before entering the Shala.
- Bring your own personal towel and yoga mat.
- Bring your own water bottle or cup.
- Practice social distancing where appropriate.

To adhere to distancing measures and limited spaces, please contact us the day before first attending to schedule your practice time.