

SHADWELL STUDIO GUIDELINES

Reviewed December 2021

Our priority is to make sure that you feel safe coming back to Shadwell Studio. As a business we will continue to take reasonable steps to reduce the spread of COVID-19. For everyone's health and safety, please read through this document to help us follow government guidance.

- All yoga settings are able to open without restrictions on numbers.
- From the 10th of December, face masks are required for indoor public settings. Face coverings should be worn when walking around yoga venues, but are not required during the class.
- If you feel unwell please stay away from the studio and cancel your class
- Advanced bookings only.
- Book online at www.shadwellstudio.co.uk or via the Glofox app.
- Arrive 5-10 minutes before the class begins to allow a smooth check in process.
- On arrival, for social distancing reasons, you might be asked to queue outside.
- Hand sanitiser is available for your use.
- Bring as little as possible with you, and where possible arrive ready to practice, to help lessen the use of the facilities.
- Bring your own mat.
- Teachers will gain the consent of the students before carrying out a hands-on adjustment.
- Pranayama (breathing) exercises can resume indoors without restrictions on numbers.
- When props are used, these must be cleaned after class.
- When attending Yin or restorative classes please bring a towel to cover the bolsters/props while in use or bring your own.
- Disinfectant spray and disposable cloths are available for cleaning your mats/props after use.
- Installation of a brand new ventilation system to ensure a continuous supply of fresh air.
- Regular deep cleaning of the studio and touch points.

*This information was correct at the time of writing. We will continue to review the guidelines, and suggest you also keep up to date with local authority/council guidance for up to date information.