

## **REOPENING OF SHADWELL STUDIO ON MONDAY 17TH MAY**

Our priority is to make sure that you feel safe coming back to Shadwell Studio and we have been doing all that we can to ensure that happens.

For everyone's health and safety, please read through this document to help us follow government guidance.

- If you feel unwell please stay away from the studio and cancel your class
- Advanced bookings only.
- Book online at [www.shadwellstudio.co.uk](http://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.
- Your temperature will be checked on arrival.
- 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.
- In the studio, place your mat within the marked area to ensure social distancing.
- Reduced capacity to ensure a 100 sq ft per person.
- 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.
- During class there will be no hands on adjustments.
- 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 cleaning of the studio and touch points.