

Dear Members

The date is set! We're ready to open our doors!

On July 6th we will be reopening Kelowna Yoga House with limited in-studio classes for the summer months (July and August), followed by more studio offerings in September. Zoom classes will continue.

We are following all protocols as outlined with Interior Health and Work Safe BC to welcome you back to the studio in the safest way possible. We look forward to seeing many of you in person once again!

Changes we have made to manage Physical Distancing and Safe Hygiene:

- Registration for all classes, whether in-studio or Zoom will be done online and either paid from your account or by credit card. Studio classes are limited to nine people to keep safe social distancing. No Drop-Ins allowed.
- Students will be required to sign a Covid-19 waiver before taking in-studio classes. This waiver will be posted on the website for you to print and fill out in advance. Copies will also be available at the studio.
- Studio props will not be available except for chairs that will be sanitized after each use. Teachers and students will bring their own mat, strap, blanket or towel (other props if you wish), placing them on or close to your mat. Purchasing of props will be done after class only.
- Please come dressed for yoga to avoid changing at the studio. Shoes will be left at the door as usual, outerwear in the coat closet. Water bottles and valuables such as purses, wallets, phones, and keys can be brought upstairs and placed close to your mat.
- Please arrive no earlier than 15 minutes before class. The teacher will have a list of registered students and will guide you to enter and exit the studio individually. Once all students have arrived, the teacher will lock the main entry door.
- Four hand sanitization stations will be available: at the downstairs main entry/exit door, at the front desk, in the downstairs washroom, and at the entry/exit of the upstairs studio.
- Please sanitize your hands upon entry and exit of the studio. Paper towels will be available to dry your hands after washing or to cover your hand to avoid touching door handles.

- Nine spaces are marked on the studio floor with a taped cross (+) showing where to place your mat. We would ask that you fill the studio starting from the back row for entry to class
- Teachers and students will not be moving around the studio during class. To conduct the class, teachers will use demos and verbal instructions.
- The upstairs prop area and washroom will be cordoned off for non-use. The downstairs washroom will be open and equipped with liquid soap, sanitizer and paper towels.
- Surfaces that have frequent contact will be disinfected, including after class sanitizing of the studio floor, stairway bannister, door handles, light switches, and chairs.
- The teacher will guide you to exit individually from the front row to the back, again to keep safe distancing. The first person to exit class will unlock the downstairs door. Please leave the building promptly. If you wish to visit with others, please congregate outside in the garden area, keeping a safe distance from others and away from the entrance.

We have worked to put all Interior Health measures in place for your safety when attending studio classes. If you have any questions regarding these changes, please contact us.

We are very much looking forward to re-opening and teaching classes at the Yoga House again! We hope to see you soon!