

GREEN TARA YOGA IN-PESON CLASS POLICIES

CLASS TYPES

Classes are available in three formats: **Online** classes on Zoom, **In-Person** classes at the studio, and **Hybrid** classes that take place at the studio and are also live streamed through Zoom. Please take care when you register to be sure you are selecting the type of class you want to attend.

WHO MAY ATTEND

Students must be fully vaccinated in order to attend In-Studio classes.

MASKS

Based on current recommendations, masks are not required indoors when everyone present is vaccinated.

CLASS RESERVATIONS

To attend our In-Person classes, preregistration is required. No walk ins are permitted. If a class is full, you will be placed on a waitlist and will receive an email notification if a spot becomes available.

CLASS CANCELLATIONS

If unable to attend an In-Person class, you must cancel your reservation 8 hours before the class begins. No Shows and Late Cancels will be charged for the class. Online classes can be canceled up to 1 hour before the class begins.

TEACHING PROTOCOLS

Hands-on adjustments will be done only with the student's permission. Chanting will not be done.

DOORS OPEN

Doors open 15 minutes before class starts. Students and teachers should wash their hands upon entering the studio. We recommend that you wash your hands at the end of class as well.

PERSONAL ITEMS

Minimize the personal items you bring into the studio. Ideally bring nothing but your keys and your props.

PHYSICAL DISTANCE

Classes are limited to 8 students. Mat placements will be indicated by tape marks on the floor. Since everyone present must be vaccinated, distance is not required at all times, but will be maintained as much as possible as a precaution.

PROPS

Students are encouraged to bring their own mat, and may bring other props if they wish. Personal props should be clearly labeled. Recent data suggests that surfaces are not a likely way to pick up the virus. Soft surfaces especially do not hold the virus well. Hard props such as chairs and blocks will not be shared among students within a class, and students must sanitize these items after using them. If you use a studio mat, you must clean it after class.

CLEANING

High touch surfaces will be cleaned after every class. Signage will outline prop cleaning procedures.

HEALTH CONDITION

Please do not come to the studio if you are experiencing symptoms of illness or have been exposed to someone diagnosed with or showing symptoms of Covid-19. Contact us and we will waive the charge to your card. If you have tested positive for Covid-19 and have attended class within the last 14 days, please contact us immediately at 216-382-0592 or info@greentarayoga.com