

Deva Yoga Covid-19 Safety Procedures

We very much look forward to welcoming you back to our studio. Your safety and wellness are important to us. We have been following the UK Active's FitTogether re-opening framework as well as the UK Government's guidelines and have aligned our procedures with these recommendations.

See below the following operational steps and measures we have put in place, which we ask you to please follow when attending a class

- For the safety of all, please do not come to the studio if you are feeling unwell or showing any symptoms related to Covid-19. If you are unsure about these symptoms please check the NHS website [here](#). We look forward to welcoming you back once you feel well again.
- Please book in advance as there are no drop in places available at this time.
- Please arrive on time with a maximum of 15 minutes before your class is due to start. Late arrivals will not be able to join the class.
- Although it is not compulsory, we advise you to wear a face mask when entering and moving around the studio. You can remove your mask when you reach your mat. It has not been made compulsory to wear face masks whilst taking exercise.
- The reception area is currently not in use for checking in or a waiting area, to ensure social distancing is maintained. Your teacher will be in reception to greet you and check you in.
- Hand sanitizer has been placed throughout the studio. We recommend you sanitise upon entering the premises and as many times as you like throughout your time with us.
- Our lockers are currently not in use so we ask that you come dressed and ready for your class and with minimum items, as you will be taking everything into the studio with you.
- The toilets are open for use with antibacterial wipes and hand sanitiser available.
- The premises have been given a deep clean with antibacterial solution and will continue to be cleaned at this level, on a regular basis. The studio floor will be cleaned thoroughly between each class and door handles and touch points cleaned with antibacterial wipes.

- The shoe rack is now numbered. Please place your shoes in the next available slot.
- Just as you enter the studio there is an automatic hand sanitiser unit on the wall. Please sanitise just before you enter for your class.
- We will not be providing mats or props at this time so please bring your own mat and anything else you need for your class. If you need a mat we are happy to help so please do get in [touch](#).
- There are numbered markers on the floor of the studio. Please find the corresponding number of where you have left your shoes.
- Roll out your mat out with the top centrally aligned, covering the marker.
- The markers have been placed to ensure a safe distance between mats, inline with the Government guidelines.
- The studio windows and/or the back door will be open where possible, to ensure ventilation and fresh air flow through the studio.
- During your class the teacher will not be offering hands on adjustments and will remain at a safe distance from you, whilst ensuring that you practice safely.
- Classes are with limited numbers, a maximum of 8 people.
- Lastly, take a breath and enjoy your class!