



Livin In Flow YTT Covid-19 Protocols and Guidelines (subject to change)

All YTT sessions will be held in the large room at Kula Yoga so that we can maintain appropriate physical distance from each other.

It's up to each of us individually to ensure that we are vigilant in our adherence to the protocols below:

- Hands-on adjustments will not be offered at this time.
- If you do not feel well, and/or have any sign of illness please DO NOT come to class.
- If you have been knowingly exposed to someone that has Covid-19 (friends, family, public setting, etc), please stay home for at least 14 days before returning to class.
- Please bring your own yoga props - mat, blocks, bolster, strap, blanket, eye cover/small washcloth. Please ensure they are clean and sanitized before each session.
- All personal belongings and items need to stay in the lobby cubbies. You can keep your yoga props, manuals and water into the yoga rooms.
- Please keep any food and snacks outside of the room. When you need something you can quietly leave the room and come back in with your snack. I will also provide a couple of extra quick snack breaks during our long days.
- Please wash your hands (using the 20 second rule) with soap and water immediately upon entering the studio—before class.
- No hugs or touching. ;)
- Kula Yoga has implemented sanitizing and disinfecting protocols for the studio that follow CDC recommendations. On top of that.... I have stocked up on CDC approved cleaning supplies and will disinfect all door handles, bathroom sink handles, and every other surface that is touched, multiple times throughout each day we're in studio together - with the help of an assigned volunteer.
- At the start of each session and through-out the day if you need it, I will provide you with rubbing alcohol pads to use to carefully clean your phones (since I know we all touch them multiple times through the day in-session).
- Please follow proper physical distance and respect each other's varying levels of thoughts, feelings and concerns around Covid-19. If you choose to wear a mask during part or all of each session, please feel free to do so.