

# Corona Precautions

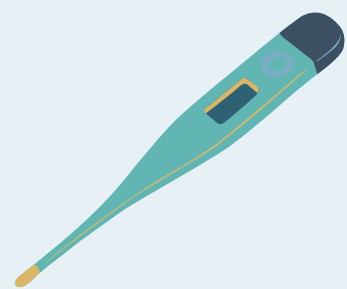
We would like to invite you back to our yoga studio in a safe and responsible manner. We follow the precautions and protocols advised by the RIVM. The health and safety of you and your fellow yogis will always be our first priority. Below you can find the guidelines.



VERENIGING YOGASCHOLEN  
NEDERLAND

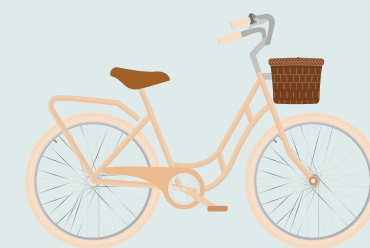
## Sick?

For the safety of you and your fellow yogis, we cannot accept anyone with cough or flu symptoms, or a weakened immune system. We ask you not to come to the studio until you feel completely better. Stay home and get well.



## Avoid public transportation

Please avoid public transportation. Try to come to come by foot or bike.



## Namaste

Do not shake hands or greet with hugs. Instead, greet another with "Namaste".



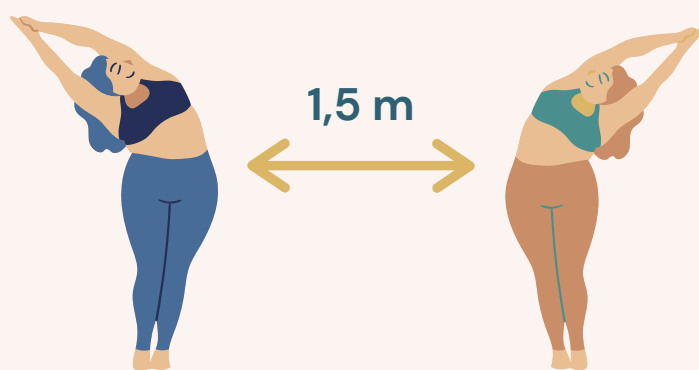
## Clean hands

Wash your hands or use disinfectant hand gel when entering the studio.



## Give each other space

We are so excited to be able to come together again! Please do keep 1,5 meter distance from each other.



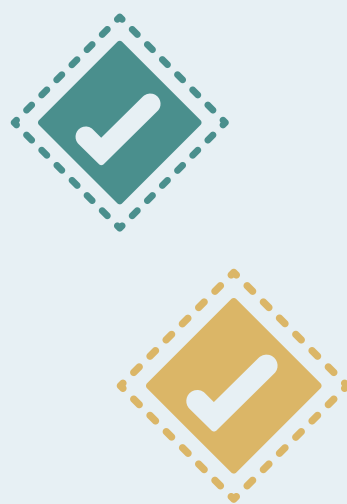
## Book your class online

We are not accepting any walk-in yogis. You can easily book your class online. Taking a class without an online booking is not possible.



## Your mat, your space

Place your mat on the indicated areas and avoid walking around through the space unnecessarily. We are allowing fewer people into the studio and classes to provide every yogi more space to move.



## No physical adjustments

Our teachers will only guide you through the movements with verbal adjustments or demonstrations. There will not be any physical contact.



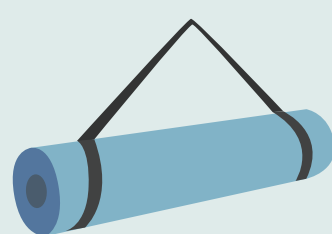
## Hygiene

Our studios will be cleaned and ventilated regularly.



## Do you have a yoga mat?

For hygiene reasons we advise you to bring their own mat and props. Don't have your own mat yet? Bring a large towel.



## Sneeze and cough in your elbow

Need to sneeze or cough? Make sure to do so in your elbow and wash your yoga clothes when home.



## Bring your own water bottle

For health and safety reasons, we are not serving any water or tea. Please bring your own water bottle.



## Use your bathroom at home

We will keep our bathrooms and toilets closed as much as possible. Please make sure to use your own facilities at home.

