

beFree Yoga COVID-19 In-Person Studio Policies 2020

We want to intentionally and transparently share with you what we have been doing to be sure we not just follow, but go above and beyond all safety guidelines. **We deeply believe in the healing and restorative power of yoga, and are so thankful to be able to continue to share health with our community - and we want to do so in a way that makes sense, follows guidelines, and creates the safest possible environment for our teachers and students alike.** Two main tenets of our COVID-19 guidelines: 1) WE ARE REASSESSING WEEKLY and 2) all of these guidelines rely on MUTUAL CONSENT/RESPECT within our community - something we have seen our beFree family excel at, over and over!

- No shared mats/rental mats or props. Please bring your own yoga mat. We have set up a station where students may purchase blocks and straps for very low prices (\$4-5). If you have your own, bring them! Because we will not be using shared equipment, we do not have to require the use of gloves.
- In between ALL classes, our staff have been trained to:
 - 1) open all doors (lobby, studio, bathroom, back room, etc)
 - 2) mop and sanitize all floors
 - 3) clean and sanitize all walls
 - 4) re-circulate the air in both studio and lobby through our highest-grade HEPA air filters.
 - 5) Run Thieves in the diffuser in the studio and bathroom
 - 6) clean and sanitize the bathroom
 - 7) clean and sanitize all surfaces, doors, and cubbies in lobby
- In unheated classes we will be leaving the door from studio to outside open as much as possible. In heated classes, the door from studio to outside will be opened at least once to honor the heat, but also provide extra air circulation.
- Our hand towels will be available as normal, and cold towels will be available upon request (teachers will ask before savasana). All students MUST put used towels in laundry bin by studio door, and we will use a capful of bleach each load, wash on hot, and dry on hot.
- Teachers will utilize intentionality in walking around the room while teaching - being mindful of the distance between students and moving around the room minimally. In order to stay true to the 6' of distance rule, we will have NO hands-on assists during Phase 1; and we will reassess each week to be sure we are staying true to current recommendations.
- UPDATED 7/3/20 - The lobby is "closed" for use - meaning that we are asking students to drop their shoes/belongings in a cubby, and head straight into the studio to their designated mat space. Teachers will be asking students to set up inside studio as soon as they can before class, and leave both the studio and the lobby as soon as they can after class so that we can clean and sanitize. Even if you're not worried about social distancing and neither is your teacher/fellow student, if our community sees that we are willing to disregard that rule, then they will have reason to believe we are equally lax about ALL our rules. We want to be above board and beyond reproach in ALL our actions - that's the yogic path and the right thing to do.
- UPDATED 7/3/20 - Masks - Gov. Abbott has mandated the use of masks in all places where social distancing cannot be regulated. This means that we are asking all students who can (excluding those with mask-related health concerns) to wear a mask as they walk from the front door, through the lobby, and until they arrive at their designated and socially-distanced mat space. Once you are on your mat, you are more than welcome to take off the mask.

- We will make, print and hang signs for all these policies and post them in studio.

- **There are only TWELVE spots per class with 6'+ distance in every direction. ALL class reservations need to be made online thru Wellness Living.** If you do not pre-register online, you will not have a spot saved. The mat spots in class are all taped off and numbered 1-12 - there is no extra space, so pre-registration is a MUST! Here's how to register online:

- 1) Go to www.befreeyogatyler.com and click on class schedule.
- 2) Our weekly schedule of classes will pop up - hit BOOK NOW for the class you would like to attend, which will then prompt you to sign into wellnessliving.com (use the CHROME browser if you have trouble seeing the schedule!)
- 3) Login to account or sign up to register for classes!
- 4) You're all set and should receive a confirmation via email just before your scheduled class.

If you have any troubles logging into your account, email us at info@befreeyogatyler.com and we can give you a temporary password to use for login.