

To insure your well-being while visiting The Yoga Groove, please adhere to these safety guidelines:

1. **Face masks** are required through June 30, 2020 and possibly beyond.
2. **Props:** *If you have props, please bring them to class. You may also use studio props as long as before leaving you disinfect all sides of each ***block**, mat; etc. (Wipes are available.)

***Bring a bath or beach towel** to cover the studio blankets or bolsters you may use. After class, merely remove and take your personal belongings with you. The teacher will put away all props.

**BLOCKS are available for purchase at the studio:* New- \$10 each or 2 for \$18, Used- \$5 each

3. **Spacial distancing:** Floor tape will indicate where to safely unroll a mat. We can accommodate 2 rows of 5-6 mats (depending on the configuration).
4. **Registration or Reservation:** For June, classes will be limited to 9 students on a first come, first served basis. *Register/pay at theyogagroove.com (preferred), or text/phone me at 513-658-1952 to reserve your space.*
5. **Payment:** Put a check (payable to Sharon Byrnes) or cash in exact amount into an envelope labeled with your name and date.
6. **Water bottles** must be labeled and capped. NO OPEN Containers will be permitted into reception area or studio.
7. **Arrival/departure:** Please allow space for an easy transition. After removing coat & shoes, walk directly into the studio where you may enjoy talking and visiting. "Elbow Bumps" and hand waves are always welcome (speaking for myself) versus hugs and handshakes.

If you've forgotten a mask, a towel, props; etc. Take a breath and let it out s l o w l y...

- I will provide:**
- Masks, (but only if needed).
 - Mats \$25 new-Heavy duty or \$5 used (to keep) or use TYG mats / Blocks for purchase or 1 X use (see above)
 - Towels to cover studio blankets &/or bolsters. (Free to use)
 - Neck pillows (\$6.00) / Hand cushions/wedges (you will wipe clean)

SIGN here to indicate that you have read and understand this information: _____ After completed, email directly to sharonbyrnesyoga@gmail.com or bring this form on your first visit.

******Thank you!******