

Welcome Back!



Things to know about returning:

1. Our number one priority is health and safety. We continue high standards of cleaning of the studio space. Please do not come to class if you are not feeling well.
2. We recommend registering for classes on-line as we are still limiting studio capacity.
3. We have opened up the prop room for general use. We offer covers for bolster use and props are wiped down after each class. As props are frequently incorporated into classes, we encourage students that are not comfortable borrowing studio props to bring their own.
Yoga mats and basic props - blocks, straps, and blankets are available for purchase.
4. Facial coverings are optional.
5. We are fortunate to have a large and open studio space. Our front doors are opened for fresh air flow (there is a screen placed out front for privacy and we utilize our radiant floor heating and other heaters for warmth). Our HVAC unit flows fresh air directly from the rooftop. We have also have a portable air purifier that is effective in trapping small virus particles and with the recommended air exchange rate.
We recommend dressing in layers
6. Class passes (2, 4, 8, and unlimited) are valid for indoor, outdoor, and live streaming classes - they also include unlimited access to the video library while your pass is current
7. We look forward to seeing you!

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