

Welcome Back!



Things to know about returning:

1. Our number one priority is health and safety. 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. Our prop room is open. Students may borrow all props (for bolsters we provide covers that are removable and washable). Our request is that students wipe down borrowed mats and blocks with our non-toxic disinfectant. Students are always welcome to bring their own mat and props.
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 also have 4 portable air purifier/sanitizers effective in trapping small virus particles and with the recommended air exchange rate covering the square footage of the studio.
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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