**RE–OPENING GUIDELINES at OSYC**

*“Our practice in Yoga and in Life is to STAY CONSCIOUS.”*

**PLEASE TAKE CARE OF YOURSELF AND OTHERS**

This is the yogic approach …and a principal we need to adhere to in order

to re-open the Studio with optimum safety and respect for our fellow students.

*~ Thank you in advance for your mindful participation ~*

1. Consider yourself to be a-symptomatic. (i.e. Imagine that you could spread the virus even while feeling perfectly healthy!) Behave around others accordingly.
2. Online registration IS *REQUIRED* FOR EVERY CLASS to limit class size appropriate for social distancing. Go to “BOOK ONLINE” at [www.openspacesyoga.com](http://www.openspacesyoga.com). To pay for a class or class card, go to our ONLINE STORE.
3. **Upon Arrival**
	1. Outside the Studio Door: remove shoes (observe 6’ social distancing)
	2. When you enter the studio…
		1. Staff will take your temperature

(If you’re above 100.3 F you’ll need to leave.)

* + 1. Next: Use hand sanitizer (provided)
		2. Place personal belongings neatly underneath the black benches. (Please keep these items to a minimum.)
		3. Optional: Swab your nose with Atomidine {iodine} (provided) to help reduce the chance of infection
		4. We encourage the use of masks. However, if you find breathing is impaired during practice, remove your mask and place it safely with your belongings.
1. **Signing In & Payments**
	1. Staff will sign you in
	2. Staff will advise when you will be needing a new Class Card
	3. Purchase your next Class Card online at our ONLINE STORE. At the studio, paying with credit/debit is preferred. Cash purchases are accepted, but please provide exact payment amount.
2. **Props**
	1. Bring your own yoga mat and any fabric props you might need (i.e. blankets, bolsters, belts). Month-to-month Prop Rentals are available. *(See website for details)*
	2. Non-porous OSYC props (including chairs, wooden blocks, benches, dowels and slant boards) may be used. However, students are REQUIRED to sanitize all used studio props at the end of each class.
	3. Students using the Ropes Room will be limited in number and will be issued disposable gloves for use with the ropes.
3. **Your Practice Space**
	1. Main Studio mat positions will promote social distancing
	2. OSYC will establish a “zone” for the location of each student’s practice space (approx. an 8’ square)
4. **Bathroom**
	1. After using the toilet, BEFORE flushing, CLOSE THE TOILET SEAT LID. (This habit has been shown, scientifically, to prevent significant virus emissions into the air.)
	2. After washing hands, use a paper towel to open the door. Then toss the towel into the trash basket.

**BREATHE THROUGH YOUR NOSE**!

This is Standard Yogic Protocol for your practice whether at home or at the Studio as it reduces inflammation in the lungs. These days it also

significantly reduces the spread of viral droplets.

And remember to cover your mouth and nose with your elbow

when sneezing or coughing.

**NON-SYMPTOMATIC PARTICIPATION ONLY**

If you have any symptoms or indications of ill health, please stay home!

*Thank You for Your Yoga Practice and Being Health-Aware*

May 15, 2020

Open Spaces Yoga Center

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