

COVID-19 Green Heart Awakening STUDIO Policy

- Class sizes are limited to 4 students + 1 instructor maximum. In some cases, classes may be required to be smaller.
- All students must register and pay in advance. Liability waivers must be completed in advance. No walk-ins, please.
- Six-foot physical distancing will be required throughout the building, starting at the door.
- Students and instructors should wear a mask as they enter the building and keep the mask on the whole time they are inside the building.
- Masks and hand sanitizer are available near the store door. Please put on a mask and sanitize hands as you enter.
- One person at a time should enter through the store into the studio. If shoes are not needed for class, sit just inside the studio to remove shoes and then carry shoes and other belongings to the practice space.
- In the studio, green lines indicate the 4 practice spaces. The orange marks show where to place a yoga mat for optimal physical distancing, at least 6 feet away from another person.
- No props or mats will be loaned out. Please bring mat and props. Green Heart Awakening has both new and used props for sale.
- The tea station is closed. Water bottles may be filled at the water cooler.
- One person at a time in the restroom/store area. Please wait in the studio for the restroom or water cooler to be free. Wear a mask on your way through the store.
- Hand sanitizer, clean cloths, tissues, and botanical disinfectant (Benefect Decon 30) are located within each practice space.
- At the end of class, keep a 6-foot distance between people at all times.
- Drop used cleaning cloths in the white bin. The instructor can move the bin closer to the exit door at the end of class.
- After class, exit through the side door facing Mechanic Street.

PLEASE...

- Do NOT attend classes if you have a temperature over 100 degrees or feel ill in any way.
- Do NOT attend classes if you or someone in your household has been advised to self-quarantine (14 day restriction).
- Do NOT attend classes if you or someone in your household exhibits the symptoms of COVID-19 (14 day restriction).

Thank you!

COVID-19 Green Heart Awakening OUTDOOR CLASS Policy

- Class sizes are limited to maintain physical distance between each person.
- All students must register and pay in advance. Liability waivers must be completed in advance. No walk-ins, please.
- Different instructors have different deadlines for registration.

- Six-foot physical distancing will be required at all times.
- Students and instructors should wear a mask as they enter the practice area and keep the mask on until everyone is settled in their spots.
- Students should bring their own masks and hand sanitizer.
- The instructor will mark or otherwise indicate practice spaces that are AT LEAST 6 FEET APART.
- Students/instructors may choose to wear a mask or not during class.

- No props or mats will be loaned out. Please bring mat and props as recommended by the instructor. Green Heart Awakening has both new and used props for sale.
- Bring a water bottle.
- One person at a time in the restroom. Please wait for the restroom to be free before exiting your practice space. Wear a mask on the way to the restroom.

- At the end of class, students and instructor should put their masks on before anyone leaves their practice spaces. Keep a 6-foot distance between people at all times.

- WEATHER: All outdoor classes are held weather permitting. At Woodburn Historic House, classes will only be rescheduled in the event of severe, inclement weather. Students should insure that the instructor has their phone number in case of class cancellation.

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- Do NOT attend classes if you or someone in your household exhibits the symptoms of COVID-19 (14 day restriction).

Thank you!