

# Sampoorna Yoga Studio

## Guidelines for safe practice at the studio

### Before you come to class

- Reserve your place online via MindBody App, website, or Facebook (drop-ins not possible as we must monitor the number of people in the studio)
- Cancellation deadline for a reservation is 24 hours. After that, the class will be charged to your pass.

### At the studio

- Do not come to the studio if you are feeling ill.
- **Wear a mouth mask:** Put your mask on before you arrive, remove it when you settle on your yoga mat, and after practice put it on again.
- Respect the “queueing distance” marked at the reception, and **keep distance** to other yogis in the reception/lobby area.
- Pay by card if possible.
- The changing room is available, with max. 2 persons at a time.
- **Use your own yoga mat.** This is a strict requirement, use of studio equipment (mats, cushions, blankets) is not yet allowed. You can use a studio mat only if you cover it completely with your own travel mat or yoga towel. We have mats and yoga towels for sale.
- In the yoga room, put your mat on one of the places marked on the floor.
- There’s no tea or water available at the moment, sorry. We sell reusable water bottles.

### To keep the studio clean and safe

- We only use the upstairs yoga room with big roof windows, and we ventilate it before, during and after the class
- We provide hand gel (70% alcohol) and paper towels to dry hands
- We use alcohol spray (80%) to disinfect door handles and Bancontact keys frequently
- Our cleaning staff takes extra care cleaning all floors and counters