

****IMPORTANT RULES****

Please read before attending your classes at Yoga North

- Before attending each class, you must take the **online self-screening tool** <https://sharedhealthmb.ca/covid19/screening-tool/> regarding your current state of health or if you have travelled out of province in the last 14 days. You will need to answer “No” to all questions in order to attend your class.

Click this link <https://sharedhealthmb.ca/covid19/screening-tool/> to read through the health safety guidelines and the questionnaire.

- Keep a 2 metre distance from each other at all times;
- Come in your yoga clothes since the change rooms will be closed;
- We will direct the student traffic flow once you enter the building and both doors of the studio class area will remain open at all times.
- Use hand sanitizer when entering and leaving the studio. While we will have some available for you, we encourage you to bring your own.
- Bring your own mat, blanket and belt (and any other basic props you might want to use, like a wood block, or enough foams/blankets if you want to practice shoulderstand); we can still use studio chairs and then sanitize them between classes;
- Bring your own water bottle, as the water dispenser will be removed;
- Prepare for payments to be contactless, using e-transfer, cheque or debit/credit card;
- You can feel free to wear a face mask in class if you wish;
- And most importantly, if you feel ill in any way, please stay home.