

# STUDIO GUIDELINES



## ORANGE BLOOM YOGA

*Guidelines for students  
and teachers to protect  
our health and well-being*

## WHAT ARE WE DOING?

- Daily deep cleaning of all surfaces
- Steam cleaning floors
- Cleaning of door handles after each class
- No heavy breath work in class
- 2m apart for all students and teachers
- No use of equipment unless provided by students
- Tissues provided throughout studio
- No drop ins allowed
- No hands on adjustments
- Teachers will only teach in good health and symptom free
- We will provide hand sanitiser at the door and throughout the studio

Any questions email  
[helen@orangebloomyoga.com](mailto:helen@orangebloomyoga.com)

## BEFORE COMING

- Please book for class - there won't be any drop ins whilst we are social distancing
- Please bring your own mats - we will provide mats and yoga towels for rent if you forget, however these incur a £2 charge towards cleaning
- Bring your own full water bottle - until further notice we won't be offering water
- 24 hour cancellation policy will be enforced - please let us know if you can't make a class as classes will be smaller so we will have waitlists
- Please don't come to the studio if you feel at all unwell especially if you have a temperature or cough

## WHEN AT THE STUDIO

- Use the hand sanitiser provided when you enter the studio and after using the restroom
- Please don't bring any unnecessary bags, clothing etc into the studio
- Remove your shoes and place on the shoe rack
- Please hang any coats on the pegs available
- Please place your mat in one of the allocated spots provided
- Fill the room from the far end to enable social distancing
- Stay on your mat unless using the restroom
- Tissues will be placed around the mats to catch coughs and sneezes - just bin then after use

## WHEN LEAVING THE STUDIO

- You are more than welcome to spray your mat with our cleanser, placing the used cloth in the cloth bin provided
- Please be mindful of social distancing when exiting the studio
- Feel free to use the hand sanitiser when leaving
- If you would like to speak to the teacher after class do try to stay on your mat until the room has emptied