



OUTDOOR SOCIALLY DISTANCED YOGA CLASSES COVID-19 INFORMATION & PRECAUTIONS

Collective health and wellness is our top priority, and as such, we are only offering in-person yoga classes outdoors in the fresh Central Oregon air with proper social distancing to help mitigate potential exposure to COVID-19. We ask that you take a moment to read the following information regarding COVID-19 and sign the COVID specific waiver for each outdoor location (you will only need to complete this waiver once for each location). Waivers will be available on location and via email as requested before class.

- **PLEASE STAY HOME AND CANCEL YOUR RESERVATION FOR THE OUTDOOR YOGA CLASS IF YOU:**
 - Have experienced any cold/flu or COVID-19 symptoms within the past 2 weeks (especially fever, cough & loss of smell/taste)
 - Have been around anyone else who has exhibited cold/flu symptoms, or was known to have COVID-19 in the past two weeks
 - Have a temperature of 100 degrees or more
- **THE OUTDOOR YOGA CLASSES WILL BE PROPERLY MARKED AND SPACED FOR SOCIAL DISTANCING.** A minimum of 6-12 ft of distance from the front/back/sides of your personal yoga practice space will be marked. Please only bring what you need with you to our outdoor classes, and keep all personal belongings with you, within your personal marked space. We recommend a blanket/towel for lawn yoga with/without a yoga mat placed on top, water, sunscreen and a sun hat - as many of these locations do not offer shade.
- We ask that you wash your hands and use the restroom before joining us, as facilities may be limited and/or not available for these outdoor classes. Classes at Black Butte Ranch and Five Pine Lodge will have restroom facilities available for your use.
- Please be mindful to try and keep 6 ft distancing from other students at all times. If you are within 6 feet of other students before/after class, please wear your mask. You may remove your mask if you wish as you set up within your personal space as we will be outside in the fresh air for our practices.

We look forward to practicing with you! ~ NAMASTE ~