



Safety Guidelines:

1. Class will be shorter to minimize the time spent in the building: (from 90 mins. To 75)
 2. Class will be held in the open Tai Chi space.
 3. Class size will be limited to no more than 10.
 4. Everyone must bring their own mat and props. We will not use any props from the yoga room. If you do not have blankets, a couple of large bath towels might do. (TJ Maxx, Meijer and Walmart do sell blocks)
 5. Mats will be placed at least 6 feet from each other and the floor will be marked. Place the middle of your mat over the colored circle on the floor.
 6. Masks are required during class time. (The governor has mandated masks in public buildings.)
 7. Masks are required in the elevator with only 1 person in the elevator at a time. (If you are with someone you know is safe, then 2 people can ride together but with masks on and no talking, in order to minimize air contamination.)
 8. I will unlock the door to the stairs so it will be possible to walk up and down.
 9. Masks are required in the bathroom with only 1 person in there at a time.
 10. Hand sanitizer will be available in the bathroom and in the large room.
 11. As you come off the elevator or the stairs, please walk along the back wall towards the bathroom (to minimize shoe traffic in the middle of the room) and drop your personal belongings along the side wall leading up to the yoga room. Keep distance between your pile of belongings and the next person's belongings.
 12. Please remove your shoes at the wall and carry your mat and props to one of the colored circles you will see on the floor. (You might consider having a pair of socks to walk across the floor in, if you do not want to walk barefoot.)
 13. Please confine your "socializing" with each other to outside the building before and after class. When you come in, stay on your mat and relax or stretch as you wait for class to begin.
- Fee:** \$10.00 per class. Correct cash only or check. I will have a basket for you to drop cash or checks in.