

THE YOGA ROOM CONROE

Covid-19 Protocol:

All clients will enter the studio through the front door with a mask on you may remove your mask once on your mat to practice. All clients will leave through the exit door in the studio.

Group classes are limited to 7 and under. 8 including the teacher.

Hand sanitizer will be provided incoming and outgoing of the studio, and in the restroom. All shower facilities are closed and toilets of course are available but the changing room doors will be open. This is a come and go situation.

If you travel outside Texas or the United states we ask you to self quarantine for 14 days..

If you are feeling under the weather in any way please consider others and stay home.

People that might be in more at risk categories should seriously consider staying home and continue taking the classes virtually. This should also include anyone working with or regularly exposed to anyone in an at risk category. Some classes will continue to be Virtual.

If you are able to create an environment at home where you can practice peacefully and without distraction's seriously consider not coming and continue taking the classes virtually. If you have any reservations at all you should stay home.

No mat and towel rentals. Students must use their own equipment whenever possible.

No use of cubby areas. Please leave all belongings, cell phones, handbags in the trunk of your locked car. All you will need is your mat and any yoga tools. There will be no mat cleaner you will roll your mat and take home and clean.

Everyone will be spread out 6/8 feet apart. No close interaction, all socializing should be within the social distancing guidelines with masks on or out of the studio altogether.

No payments with cash or check at the studio. All clients must have a current CC on file in Mind Body. You will notice two different classes listed when there is a virtual and in studio option. Please be sure you book the appropriate class whether it be the "Zoom/Virtual Class" or the "In Studio Class" offering. If the in studio class gets fully booked students will get put on a waitlist and get notified if their spot opens. Should you book an in studio class and are a no show you will be charged \$20. These spots are precious and should be treated with respect for others.

The camera for classes that we will be combining group and virtual offerings will be focused on the teacher and not involve clients in anyway.

We appreciate everyone's cooperation in creating a safe and peaceful environment for us to practice in.

Cheers, Annie