



## **YOGATREE TERMS AND CONDITIONS:**

### **1) ONLINE CLASSES**

- **If you have never attended live classes with Lydia or Edgar, please email us before booking.**
- **By participating in Yogatree online classes, you agree to assume full responsibility for any risks, injuries or damages, known or unknown, which you might incur as a result.**
- Please create a clear, safe space to practice in your house. Have your yoga equipment nearby, ideally a mat, a chair, 4 foam pads, 2 bricks, a bolster, a blanket and a belt. (You can buy this equipment from Yogatree or [Yogamatters](#)).
- If you miss a class, you may make it up by attending a different class, provided that it is also online and in the same term. Please email [office@yogatree.co.uk](mailto:office@yogatree.co.uk) for the zoom link.

### **2) STUDIO CLASSES**

**Please do not from parking on Meriton Avenue and Alexander Terrace.** Please park in one of the two public car parks on Newlands Road. A map and instructions on how to walk from the car parks to the studio (2 minutes) can be found in the 'contact' section of the Yogatree website.

- **Screening**
- No-one to attend class who should be self-isolating according to the latest government guidelines <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#if-you-have-covid-19-symptoms-or-have-received-a-positive-covid-19-test-result>
- **Booking and payment**
- Sessions to be booked and paid for in advance of the class.
- **Arriving for class/queuing**
- Students should arrive no earlier than 10 minutes before the start of the class and maintain social distance from others if required to wait before being admitted.
- Please wear a mask in the entrance and changing area on arrival and departure.
- **Hand sanitiser and hand-washing facilities**
- There will be hand-sanitiser in the Studio and hand washing facilities will be available.
- **Changing and personal belongings**
- Students should come in their yoga clothes ready for class.

- Outerwear should be kept to a minimum.
- Please wear easy to take off shoes.
- Equipment
  - Students should bring their own mat, belt and blanket plus any blocks or bricks they need.
  - Hard-surfaced Studio equipment will be cleaned after use (e.g. wooden blocks and chairs)
  - Soft Studio equipment (eg Mats, bolsters, blankets and belts) will be quarantined for 72 hours after use.
- Class sizes
  - Classes will include a maximum of 10 students plus the teacher.
- Spacing of mats
  - Mat markers will ensure a 2 meter distance is maintained between all individuals.
- Conduct of classes
  - Only simple use of props will be made.
  - There will be no physical adjustments during class.
- Entering/leaving the teaching area
  - Students will allow time for others to arrive/leave in order to maintain a 2 meter distance.
- Use of the lavatory
  - Students should use the lavatory before coming to class, although the Studio facilities will be open.
- Timetabling of sessions
  - Classes will be spaced to allow time for ventilation and extra cleaning between classes and to avoid over-crowding at change-over.
- Cleaning
  - The Studio will be cleaned thoroughly daily.
  - Additional cleaning (of props, handles etc.) will be carried out in between sessions.
- Test and trace
  - We will use the booking system to monitor who has attended classes, including details which can be used for contact tracing if required.
- Terms and conditions to be agreed on booking
  - Students attending classes at the Studio do so at their own risk.
  - No-one to attend who should be self-isolating.
  - Students to follow the guidelines for conduct at the Studio.