

Yorkshire Yoga and Therapy Centre

Re-opening of the centre Post Pandemic Closure

Guidance for Class Participants

To ensure the safety of all centre users on re-opening we ask all our clients to abide by the following requirements:

- Everyone wishing to participate in a class must register and pre-book either on-line, by emailing address@yorkshireyoga.org.uk or by telephoning the office during the following hours:

10am – 4pm - Mon, Tue + Thursday.
The easiest way to do this is by downloading the MINDBODY APP.
- Please note that drop-ins will no longer be allowed in classes. We apologise for the inconvenience.
- Please do not bring anything into the centre that you do not need for your class.
- Please bring your own mat and any other equipment you may need for your class- any requirements will be noted on the class information on the website.
- Please wear a mask when you come into the centre. Tutors will tell you if you when you may take your mask off during the class.
- Please wait outside the main entrance door until your tutor comes to invite you into the centre. Please ensure you are social distancing at all times.
- On entering the centre, your tutor will take your temperature.
- The studio spaces will be clearly marked out. Please keep to your space and keep all your belongings with you.
- Your tutor will explain how the teaching approach will be different. For example: there will be no hands-on support during classes and breathing practices may feel different.
- When your class is over, please gather up all your belongings and wait until your tutor tells you to leave.
- Please leave by the entrance door and do not hang around outside the door as there may be people waiting to enter for the next class.
- At the end of your class, please leave in an orderly manner as guided by your tutor.

We apologise if these requirements seem unduly prescriptive, however we believe that they are essential to maintain the safety of our clients, our tutors and the centre staff. We hope you will be able to support us in keeping everyone safe.

Thank you from The Trustees of Yorkshire Yoga

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