

UPDATED STUDIO COVID PROTOCOL (July 28, 2023):

We are looking forward to practicing with you in our beautiful studio! Please take a moment to familiarize yourself with our current studio etiquette below.

1. All our in-person classes are mask-optional beginning August 8, 2023. Our studio has two medical grade air purifiers that are turned on during in-person classes to ensure healthy air filtration and circulation!
2. Because our in-person class size is limited, you will need to reserve a spot ahead of time through our website. We have a 48-hour cancellation policy.
3. If you are presenting ANY symptoms of illness or even allergies, please stay home, even if you know you do not have Covid. Examples of symptoms are a cough, sneezing, runny nose, fever, etc. This choice allows other people in class to enjoy their practices worry-free.
4. Doors will open 15 minutes before class and will close right at the start of class. We encourage you to arrive at least 10 minutes early.
5. We currently have mats, yoga blocks, straps, bolsters, and chairs available for use! You are welcome to bring any of your own supplies to class.
6. In making your choice to attend class in-person you are agreeing to respect the studio policies. We ask that you approach teachers and staff who are holding space for you with understanding and kindness. Our approach to gradual reopening has been created in thoughtful collaboration with our team based on the needs of our therapeutic following. We're all in this together.

I have read and understood Phinney Ridge Yoga's Covid protocols.

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