



The Breathing Room
yoga, arts, wellness

COVID-19 Precautions for The Breathing Room guests

We will follow CDC and NCDHHS guidelines for sanitizing the studio and entrance areas for our guests. Each instructor is committed to carrying out each of these practices when teaching in the studio. Our maximum capacity, given our state's Executive Order, is only five students per class. *In order to comply, we will require online registration and pre-payment. Any class that does not meet our minimum enrollment within 60 minutes of its start time will be canceled and payment will be credited or refunded to participants.*

- (1) While we will not leave reading material, writing utensils, or paper sitting out in the open, we can certainly provide any of those things, should you need them. Please just ask.
- (2) Each participant will be required to complete a COVID-19 health screen form, including touchless temperature check, before being admitted to any class. **We will NOT admit anyone who reports any COVID-related symptoms in the previous 24 hours not will we admit anyone with a temperature above 100.4 degrees.**
- (3) Door handles on both the outside and inside of entrance ways, as well as the counter in the reception area, are wiped down both before and after each class.
- (4) The studio is damp mopped and wiped down before and after each class.
- (5) We ask students to bring their own yoga mat but we can still provide mats for those unable to do so. Mats will only be used once/day and will be wiped down with disinfectant wipes after each use.
- (6) Students' personal belongings should be left at home. The purse shelf and cubbies are not available for use at this time. Wallets, keys, and silenced phones can be left in a jacket pocket or shoes.

COVID-19 Precautions for The Breathing Room guests (cont.)

- (7) Instructors and students, alike, should wear a face mask anytime they are moving about in the facility. Masks for students are optional but recommended when seated or standing on your mat, given appropriate social distancing. Instructors will always wear a mask and/or face shield while teaching.
- (8) Upon check-in, you will be assigned a number that will correspond to the numbered space where you should place your mat. Please do not deviate from your designated space.
- (9) No physical touch of any kind will take place between instructor and student; this includes typical physical adjustments. Likewise, there will be no props utilized, at this time.

