

The Yoga Connection

Protocol at the studio during the Month of June for visiting students

- Please only use the studio mats, blankets, straps, & bolsters. Do not bring your own equipment.
- Wash you hands as soon as you enter the studio.
- When you leave, please do not wipe the mat or any other item you used during your time in the studio, just leave it and we will wipe/spray with CDC recommended anti-microbial.
- Please be sure to keep any water or drinks completely contained.
- If you have a temperature, sore throat or cough, please do not come to the studio space.
- You are welcome to bring/wear a mask as is your preference and comfort.

Studio times available for June

Tuesday 9:00-10:00am & 5:30-6:30pm

Wednesday 5:30-6:30pm

Thursday 5:30-6:30pm & 5:30-6:30pm

No more than 10 people in the studio plus mentor

If you have any questions please **TEXT** Martha:
at 919-971-1431