

In-Studio Participation Guide | Sanitary Measures

It is now mandatory to reserve your place in classes. There will be no on-site registration. Our maximum capacity is 5 people.

Each class has a waiting list. Therefore, we ask for 5 hours notice if you need to cancel. Otherwise, cardholders will have one class deducted, holders of unlimited packages will have one day deducted and those without a subscription will have to pay the value of the class.

Stay home if you are showing symptoms of Covid-19 or have been in contact with someone infected with the virus.

Upon arrival, clean your hands with the hand sanitizer provided at the entry.

Wearing a mask is compulsory when moving around in the space (arrival, departure, etc.). Once on your mat, wearing a mask is optional. We will have masks for sale at a reasonable cost if you forget yours.

Keep a distance of 2 metres from other people and minimize movement as much as possible.

Bring your yoga mat (we do not lend or store mats anymore), strap, blanket or large supports for practice. Whenever possible, show up already dressed in your practice clothes.

Set up your mat in one of the designated areas and then relax until the class begins.

Help maintain a safe environment by cleaning:

- Blocks, chairs and benches if you use them, with the product supplied.
- Surfaces touched in the bathroom, with the product supplied.
- Rest assured that we will disinfect handles and all common areas after each class.

To give you enough time to arrive and to respect these instructions, we will open the doors between 20 and 30 minutes before the start of the class.

Bring your kindness ☺