

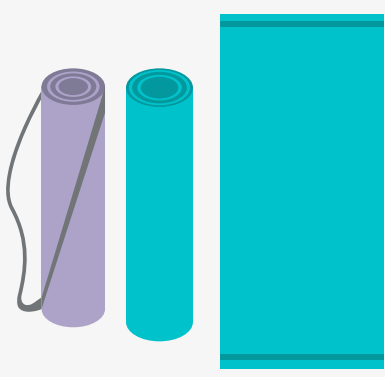
what we're doing to keep you safe...

Please read before coming back to class.
See you from 1st September!



online bookings only

- Book on our website www.herefordyoga.co.uk
- Find us on the MINDBODY app



no shared equipment

- Please bring your own equipment where you can
- A limited number of spare props are available to borrow



2 metre distancing

- Please look out for the signs clearly marked throughout the centre
- Follow the green crosses
- Use the mat spacing in the studio



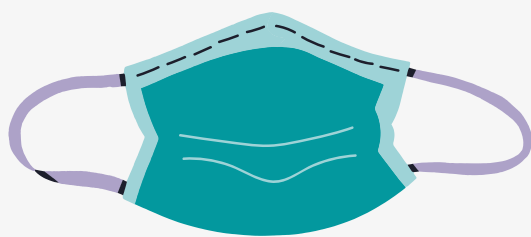
sanitising points

- Please use the hand sanitising points when entering the building and before your class



no physical adjustments

- There will be no physical adjustments by the teacher in class



masks are optional

- Masks are not mandatory but you are welcome to wear one if you prefer

**EVERY BODY
YOGA**

If you have any further queries please email us -
info@herefordyoga.co.uk

We are looking forward to welcoming you back
to the centre!