

## **guidelines for practicing outside**

To make sure we can all practice safely in our outside classes, please make sure you read the following guidelines:

- stay at home if you have any of the following complaints; colds, shortness of breath or fever
- Wash your hands before and after sport/yoga
- Cough and sneeze inside your elbow
- Make sure you go to the toilet before you go to class
- bring your own yoga mat (or big towel) and water bottle
- keep distance and give each other space
- make sure you place your mat a minimum of 1,5 meter distance from you neighbor.
- make sure you book your class before coming! We have limited spots.
- you can cancel your reservation up until 2 hours before the class starts without being charged.
- last but not least: we are not allowed to touch, but we are allowed to smile :)

You can buy a single class or a 5x card.

Single class: 15 euro

5x card: 50 euro (valid for 2 months).