



Nov'21

Hari Om yogis !

in line with Government Public Guidelines currently in place and to ensure, as far as possible, the safety and comfort of yoga practitioners the following will apply to Yoga classes at Teach Raithneach, Starinagh, Collon:

1. A valid Covid Cert will be required
2. Completion of a Covid-19 self-declaration form will be required on a weekly basis.
This can be done either:
Online at: <https://forms.gle/qWtUpMKL1S6tQvV17>, OR
A copy of the form can be printed from: <http://www.justyoga.ie/> OR
Printed forms will be available prior to class
3. Class numbers will be limited
4. Social distancing will apply with yoga mats suitably spaced apart
5. Please bring your own mat(s), cushion(s) and blanket(s)
6. Wear warm clothes as ventilation will be increased
7. Please wear your mask when arriving and leaving class
8. Please do NOT attend if you are feeling unwell or have been a close contact of a Covid-19 case

While the administration of the class will look and feel different, we are still practising yoga ☺. Our changing circumstances offers us an opportunity to practice the flexibility, openness and compassion that yoga teaches.

Thankyou for your understanding and co-operation
Gráinne