

COVID-19 Safety Measures at AIRYOGA - valid as from June 29, 2020

This protective scheme reflects the most current recommendations and stipulations of the Federal Council and guidance of the Kanton of Zurich.

Please observe the following guidelines when visiting the AIRYOGA studios:

- Please do not attend a yoga class in case you have had contact with a Corona infected person in the last 14 days, in case you feel ill or you suffer from symptoms of illness such as fever, cough, sore throat, aching limbs.
- Attendance of yoga classes is at each person's own responsibility.
- In order to be able to trace chains of infection at any time, AIRYOGA must record the contact data of all customers (contact tracing).
- Please arrive 15 minutes before class at the earliest - if possible already dressed in your training clothes.
- When entering the studio, please wash your hands thoroughly or clean them with the disinfectant available at the AIRYOGA reception.
- Please refrain from shaking hands, hugging or other physical contact. Share a Namasté or smile instead ☺
- Please bring your own yoga mat. If you do not have a mat, bring a towel to put on the studio mat. Please thoroughly disinfect the studio mat after use.
- Please stay on your mat during the entire class.
- We recommend not to use the studio props. However, if necessary, all props may be used - but the blocks must be thoroughly disinfected after class.
- The teacher is allowed to touch you for hands-on assistance.
- Water, tea or snacks may not be offered in the studio for the time being. You may bring your own water bottle if you wish.
- Please keep "social distancing" in the entire studio whenever possible and at any time.

We thank you for your understanding and for abiding by these measures to protect all of us and our health.