



We know you are all
adults but...

Just a gentle reminder to
wash your hands for
20 seconds with soap.



Here is what we are doing to keep our community healthy

Cleaning the studio thoroughly every day
Cleaning the mats with strong sanitiser daily
Wiping down all our surfaces regularly
Washing our blankets more frequently

Here is what you can do

Wash your hands
Clean your mat thoroughly after your class
Stay home if you are feeling under the weather
Bring your own mats and props if possible

And here is what we can all do

Be kind, look out for each other and show compassion during this time.