



## 15 MAY 2020: YOGA AUSTRALIA STATEMENT

As each state is now working to individual timelines for easing of restrictions, it is more important than ever that yoga teachers and studio owners closely follow [the guidelines](#) provided to them by their state and local government areas. **This is very fast moving and there is often difficulty interpreting the information provided. Where there is any doubt please follow your local state guidance.** These may include additional requirements for studio's and businesses, such as safety plans or collection of contact details. The relevant links to the restrictions for each state are provided within this document.

To make things a little easier for you, we provide here a quick overview of how we interpret each state's current guidelines as they relate to yoga. These should be read in conjunction with our [reopening guidance resources](#) when planning for the reopening of your studios and classes.

Please note we have not repeated spatial distancing and density requirements below, as they are consistent across all states and are referred to within our reopening resources.

### **NSW (As of 15th May)**

- Outdoor training up to 10 people
- No indoor yoga
- [Update May 11](#)
- [What will change from May 15.](#)

### **QLD (As of 15th May)**

- Outdoor yoga classes up to 10 people ([Currently 2 people](#))
- No indoor yoga
- Note: Community and Rec Centres – only for essential voluntary services (e.g. Food Banks)
- [Roadmap](#)
- [Closure Directions.](#)

### **VIC (As of 13th May)**

- Outdoor training with up to 10 people. Need to collect and keep contact details (first name and phone number), date and time people attended
- No indoor yoga Note:
- Community and Rec Centres – only for essential voluntary services (e.g. Foodbanks), weddings and funerals
- [Stage 3 Restrictions effective May 12](#)
- [Restricted Activity Directions \(no 7\)](#)
- [FAQ.](#)

### **NT (current)**

- From May 1 – Outside Yoga, no indoor yoga.
- From May 15 - Can attend a yoga studio
- Students cannot attend for longer than two hours
- [Roadmap](#)
- You must have a [COVID-19 Safety Plan](#) to show how you will meet your requirements around the key principles of physical distancing and hygiene practices.

### **SA (current)**

- Outdoor yoga up to 10 people
- No indoor yoga
- [Roadmap](#)
- [FAQ](#).

- **WA (As of 18th May)**

- Yoga Classes with minimal shared equipment up to 20 people outdoors and indoors
- [Safety plan required](#)
- [Safety plan guidelines](#)
- [Roadmap](#)
- [FAQ](#).

- **ACT (As of 8th May)**

- Outdoor classes up to 10 people (excluding teacher) with no shared equipment
- No indoor classes
- [Public Health Emergency Direction \(no 6\)](#).

- **TAS**

- Yoga for 2 people outdoor
- No indoor Yoga
- **From May 18: TBC**
- Attendee names and contact details must be recorded
- No physical contact
- BYO equipment
- <https://coronavirus.tas.gov.au/resources>
- [Roadmap](#)

Yoga Australia recommends that there be no indoor face-to-face yoga classes including one on one classes until specified in the relevant guidance for your state. The information that is being provided is changing all the time and we understand that there are at times discrepancies between information from local, state and federal governments. We will continue to work through any discrepancies as they are brought to our attention.



## **YOGA THERAPY**

Some modalities such as remedial or therapeutic massage have been deemed 'essential services' and are able to operate under the guidelines. We understand Yoga Therapy is not deemed an 'essential service'. If a Yoga Therapist holds additional qualifications, however, such as remedial massage or another allied health qualification, they may be able to practice within that context, but they should seek advice from the relevant state health department before doing so.

We will continue to work to raise awareness of the specialisation of Yoga Therapy and the quality standards that support it, as we advocate with the government, health insurance funds, media and wider community.

## **HOW WE ADVOCATE FOR OUR MEMBERS**

Yoga Australia recognises that yoga therapy and yoga operate within a different context to fitness studios. Our practice is predominantly mat-based, non-contact and most commonly operates within a smaller studio environment.

We believe that practiced within the parameters of social distancing, and by following the Yoga Australia reopening guidelines, yoga classes can;

1. be practiced safely, with limited risk of transmission
2. provide vital mental health and wellbeing benefits to the community

In addition to advocating ourselves directly to the Government at both state and federal level, we have also been in regular contact with Fitness Australia (FA), who have generously shared resources with us and have also been a great sounding board as we work through your many questions. FA have also assisted us by passing our specific requests for clarification through to the most relevant contacts within each state, which at times has directly resulted in updates to FAQ for that State. We strongly believe that this partnership with Fitness Australia will only strengthen our capacity to serve our members through awareness, information and advocacy.

Please feel free to continue to reach out to us with any questions or feedback

Janet Hopkins  
CEO