



## **INFORMATION ABOUT OUR POD CLASSES**

### **IF YOU ARE SIGNING UP, YOU MUST READ THIS CAREFULLY**

Metta Yoga Seacoast is committed to providing a safe environment for all. The protocols described below are in place to ensure the safety of our students and staff during our pod classes. If you are unable to follow our protocols and policies, you will not be able to practice in our studio at this time.

Currently, we are limiting our in-person class sizes to 14 per class - maximum. When you sign up for a set of classes you will, during those 5 weeks, practice together with the same set of students. For example, if you are signed up for Early Bird classes, you will be practicing with the same set of other students for those 5 weeks.

- Early Bird: Mon, Wed & Fri                      7:00 am
- Later Risers: Tue, Thu & Sat                      9:00 am
- Happy Hour: Tue & Thu                              5:30 pm
  
- The cost for the 3 day-a-week classes is \$299 for 5 weeks.
- The cost for the 2 day-a-week classes is \$199.00 for 5 weeks.

### **IF YOU HAVE ANY SYPTOMS OR DOUBTS ABOUT YOUR SYMPTOMS - STAY HOME.**

If you are feeling even a little unwell, if a member of your household has been exposed to Covid 19, or if you or a household member has travelled outside New England – stay home.

If any of our students or teachers is or becomes compromised and has taken class at Metta Yoga within the 14-day window, we will shut down the studio for 14 days.

If you have travelled outside of the US, you will need to produce a US negative Covid test before returning to the studio.

### **CLASS SIGN-UP**

- Our next set of classes begins Monday April 26 and ends Saturday May 29.
- Only existing members with active memberships for the new in-person cohort classes will be able to sign up for them.
- Each class will be limited to 14 students and 1 instructor. This allows for significantly more than 6 feet distancing for all participants.
- When signing up for classes on MindBody go to [https://clients.mindbodyonline.com/asp/main\\_enroll.asp?fl=true&tabID=8](https://clients.mindbodyonline.com/asp/main_enroll.asp?fl=true&tabID=8)



- Use the same email address you used when you first came to our studio. Otherwise, the system will assume you are a different student and will not allow you to use your existing package. If this occurs, please EMAIL so we can merge the accounts.

### **IF YOU HAVE COMMITTED TO A SET OF IN-PERSON CLASSES, PLEASE:**

#### **SIGN AND RETURN THE “ASSUMPTION OF RISK AND WAIVER OF LIABILITY”**

- It is found on the page 4 below.
- Print, read, sign **and bring with** you to your first class the “Acknowledgement and Release”.

### **WHEN ENTERING THE STUDIO**

- **Masks are required at all times. This may change, but for now we will practice with our masks on.**
- Come dressed for class – in other words with your yoga clothes under your street clothes.
- The studio will open 15 minutes prior to class start time – no sooner.
- Upon arrival:
  - Enter into the Metta Room through the left door.
  - Use the provided hand sanitizer upon entry.
  - Shoes, jackets, pants are to be left in the cubbies in the Metta Room.
  - **The bathrooms will not be used for showers or changing clothes.**
  - Your temperature will be taken upon check-in, using a no-contact thermometer.
  - Please keep 6 feet distancing while checking in and at all times.
- Enter the hot room through the door near the front desk. (And exit using the rear door.)
- Bring your own mat. No rentals at this time.
- Bring your own towels. We are not providing class towels.
- **Bring your own water.**
- Mats, towels, and hydration products (but no water) will be available for purchase through your Mindbody account. Please make sure you have your credit card info with Mindbody.
- **No late arrivals, please!** Arrive at least 5 minutes prior to class. The front door will be locked during class.

### **WHILE INSIDE THE HOT ROOM**

- Place your mat within one of the marked areas.
- Stay on your mat at all times and maintain proper social distancing.
- The classes are no 90 minutes.
- There will be no Pranayama and no Kapalbhata Breathing.
- We will begin class with Half Moon and end Spine Twisting.
- Do not touch the heat controls, windows or any other person’s personal belongings.
- Tissues are no longer allowed in the hot room. If you need a tissue, use the restroom.



- If you need to use the restroom, please keep your mask on and exit the hot room via the rear door. Wash your hands thoroughly – 20 second minimum – and re-enter the hot room through the same door, with your mask on, and continue with your class.

#### **AFTER CLASS**

- Once class ends, the Savasana will be for 2 minutes only. No extensions.
- You are NOT allowed to use the showers or to change your clothes in the bathrooms.
- Retrieve your belongings from your cubby in the Metta Room.
- Exit through the “exit” door.
- No congregating in the common areas in the studio.

#### **WE CLEAN THE STUDIO AFTER EVERY CLASS AS FOLLOWS**

- All common and high-use surfaces (handles, knobs, ledges, cubbies, pens etc.) will be sanitized.
- Between classes and at night, the hot room system will run an air purification process.
- We have upgraded the air flow and heating system. We have serviced the ultraviolet light treatment system in the main return duct, installed additional ducts to improve the air flows out of the room, and upgraded the quality of the air filters.

Thank you all for your support and cooperation during these challenging times!

***The Best Way Out is Always Through! Namaste!***

**Remember: Print, read, sign and bring with you the Assumption of Risk and Waiver of Liability found on the next page.**



## **Assumption of Risk and Waiver of Liability Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing.

Bikram Yoga Seacoast, Inc., doing business as Metta Yoga Seacoast, has put in place preventative measures to reduce the spread of COVID-19. However, Metta Yoga Seacoast cannot guarantee that you will not become infected with COVID-19. Further, attending classes at Metta Yoga Seacoast could increase your risk of contracting COVID-19.

By signing this agreement:

- I understand the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by visiting or attending classes at Metta Yoga Seacoast and that such exposure or infection may result in injury, illness, permanent disability, or death.
- I also understand that the risk of becoming exposed to or infected by COVID-19 at Metta Yoga Seacoast may result from the actions, omissions, or negligence of myself and others, including, but not limited to, instructors, students or other participants.
- I voluntarily agree to assume all of these risks and accept sole responsibility for any injury, disability or death, and all damage, loss, claim, liability or expense of any kind relating thereto.
- I hereby release, covenant not to sue, discharge and hold harmless Metta Yoga Seacoast and its employees, students and other participants from any claims, liabilities, actions, damages, costs or expenses of any kind arising out of or relating to visiting or attending classes at Metta Yoga Seacoast. I understand and agree that this release includes any claims based on the actions, omissions or negligence of Metta Yoga Seacoast or its employees, whether a COVID-19 infection occurs before, during, or after participation at Metta Yoga Seacoast.
- **In addition, by attending class, I affirm I do not have a new or worsening cough or cold, I do not have a fever, I do not have any shortness of breath nor any other symptoms associated with COVID-19, and that I have not been in close contact with anyone with any of those symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days.**

I have read this Assumption of Risk and Waiver of Liability, I fully understand its content and I voluntarily agree with and assent to its terms and conditions.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_