



Dear Amazing TDY Community,

As we all know, Covid-19 has begun to effect our everyday lives, from the moment we wake up until the time our heads hit the pillow. It's on the TV, radio and is the talk around the office, supermarket and dinner table. Unfortunately, we can't avoid it! What we can do is take proactive measures to ensure we are doing our very best to prevent the spread of it. We want you to feel comfortable when you walk through our doors and be able to fully relax when you hit the mat or enjoy one of our smoothies!

We've been spending time reading through the CDC's guidelines for Coronavirus prevention and will be strictly following their recommendations, which include:

- Encouraging teachers, employees and students to remain at home if they are experiencing symptoms of acute respiratory illness and/or have a fever of 100.4 or higher.
- Practice respiratory etiquette and hand hygiene by
 - covering your mouth and nose with a tissue when you cough or sneeze.
 - placing your tissue immediately in a waste basket.
 - if a tissue is not available, cough or sneeze into your upper sleeve, not hands.
 - thoroughly washing hands for 20 seconds with soap and water.
- Routinely cleaning ALL frequently touched surfaces.

As a valued community member, we would like to ask you to:

- **Bring your own mats, blankets and additional props** (sorry!) - we will be temporarily removing our complementary mats, straps, blocks, blankets and eye pillows from each studio to discourage any spread of virus. We will have some available for purchase at Soul Bar if you don't have your own. *The only exception to this will be Saturday's Injury and Limited Mobility class - blocks will be available but we ask you to sanitize your hands and then sanitize each block after use.*
- **Wash and/or sanitize your hands prior to and after class** - sanitizer will be available in each studio.
- **Use mat cleaner** - we will have spray bottles with mat cleaner available in each studio. Please sanitize your hands first, then spray your mats and use a paper towel to wipe it down.
- **Check yourself in using your phone or ask your instructor to check you in on the tablet** - there is a wonderful app you can download to your phones called Achieve. This will allow you to login to your account using your email and password - you can then check into your class prior to attending (you can also register, cancel and view your membership).
- **Sanitizer, disinfectant wipes and tissues will be available in each studio** - please feel free to use as you wish.
- **No instructor assists** - we are asking that our instructors do not offer assistance with your poses at this time.
- **Please be understanding and patient if you see classes have been canceled.** We do not want our instructors to feel obligated to teach while sick. Thank you in advance for understanding!!

Times like these require us to remain a caring community and show exemplary kindness to one another. We've met all of you...and are confident we will get through this together. Now more than ever, we need the inner strength and calm that yoga and meditation helps bring to each of our beings.

With warmth and love,

Tracy + Carrie