

Yoga Therapy Leamington Spa
Monday Evening Yoga Class
6:10-7:10pm (Fully Booked) / 7:30-8:30 pm
Oak House Sports and Social Club
87 Upper Holly Walk, Leamington Spa CV32 4JS
Date: September 7th, 14th, 21st, 28th

You will enter the building through the front orange porch, press the buzzer to get in. You will find automatic hand sanitiser and the ring buzzer is on your right hand side. The Yoga room is located on the top floor of the building, once you enter the building you will see the stairs right in front of you. There is a small table with bottled hand sanitiser for you to use again, also a sign up sheet, please note you don't need to sign that sheet as it is only for their members. Just walk straight and take the stairs which will lead you straight to the yoga room. It has put in well planned systems to keep us safe. There are plenty parking spaces at the front of the building as well as on the street.

Minimise contact with individuals who are unwell

You should not enter the Class if you are unwell or post-treatment for some medical conditions or have tested positive for Covid 19 even if you are asymptomatic or have been contact anyone who has got the symptoms. Any group member living with a family member who is isolating will also need to isolate until their quarantine period ends. Someone testing positive has been in close contact with others, then those additional people need to self-isolate as per the guidance, to allow for any incubation period.

Mask

Maintain social distancing at all times. It is a requirement to wear a mask to enter the building and the hall, once you are in your yoga mat you can take the mask off. But once you finish the class and are ready to leave the mat you are required to put the mask back on and keep it on until you leave the building.

Entrance and Exit Overcrowding in the centre and the hall

The club will operate a locked door to allow people to enter the centre in a controlled way
Please do keep 2m social distance markers in the car park to avoid overcrowding
Students will be encouraged to wait in cars if there is a queue
We will stagger booking start times to avoid a queue forming

Hand Sanitisers/ Hand Wash

- Immediately upon arrival and before leaving the building
- After coughing or sneezing
- Before and after the class
- If hands are dirty
- After toilet use.

Automatic hand sanitizer gel is located in the entrance of the building next to the buzzer. Once you enter the building you will find bottle hand sanitizer is on the table. There will be bottle hand sanitizer in the yoga room. Hand wash in the toilet.

Ventilation

During the class the entrance door will remain open, two big windows and the back side firegate will be open to improve air flow through the hall.

Cleaning of surfaces

Floor where yoga mat is placed please do use anti-bacterial wipes which will provide by us but welcome to bring your own at the start of each session and again before you leave.

The maximum number of people inside the hall is 11. All the student will need pre-book the class, drop in is not possible.

Track & Trace

All the students will need to leave their contact details to enable Track and Trace to be carried out in the event that someone at the class is subsequently diagnosed with Coronavirus. In this situation please advise Fei Wu immediately. In

the event that a group member tests positive for Covid 19, the class will be closed and the hall may have to be closed at short notice for thorough cleaning. My phone number is 07341652747 – please message me with your full name so that I can set up a Whats App group for contacting you for Track and Tracing requirements.

Yoga Equipment

Because of health and safety measures and to reduce the risks related to contact no hands-on adjustments and corrections will be practiced in this class. Nevertheless I will do my best to assist you with precise verbal instructions and to guide you so that you feel safe and able to practice at your best.

For the same reason I am also unable to provide mats, blocks, bolsters, blankets etc.

Please ensure you bring your own yoga mat and any props you might need – if possible come dressed for the yoga class so we are not having to deal with too many bags and clothing. Ensure you leave your shoes by the entrance door so you are not walking all over the floor with your outdoor shoes.

Toilets

A maximum of one person only allowed in both the toilets just below the yoga room at one time. Anti-bacterial wipes will be provided in the toilets to allow Students to clean before and after using the toilet. **Paper towels must not under any circumstances be flushed down the toilets.**

Booking and Payment

September Monday night class Class is £10.00 per class

Students from last term have three sessions credit so for the whole September you will only need pay 10 pound.

Perbooking is required via yogalemaingtonspa@gmail.com or phone 07341652747 due to the limited space.

Booking will only take place once the payment is made due to the limited space. No drop in allowed.

No cash payment only Bank transfer, Payment need to be made before the class to secure your space.

Bank details : LLOYDS BANK, Account: 69408368, Sort Code: 30-94-93 , Name: Fei Wu

Please do put your name as a reference.

You are welcome to bring the following items with you

Hand sanitizer

Small packet of anti-bacterial wipes Tissue

I hope I covered everything but do please contact me if you have any concerns, for those who has booked if you cant make it please let me know in advance.

Namaste Fei