



COVID Safety Protocol for In-Person Sessions

Revised April 10, 2022

Wearing masks is not conducive to trauma-sensitive yoga. They obstruct breathing and can cause distress for some people¹. My intention is to ensure safety for people who want or need to be served in person and are willing and able to not wear a mask during yoga. I will continue to offer virtual private sessions to provide equitable access.

Group sessions, home visits and sessions off-site are on hold. Private sessions for individuals and couples will be offered in my home yoga space only with the following conditions to ensure client safety:

- Payment by e-transfer or credit card is required prior to the appointment. Receipts are issued by email.
- Proof of vaccination is not required. I am fully vaccinated with booster and my own records of COVID vaccination are available on request.
- Clients are asked to self-screen for COVID symptoms the morning of their session. Cancellation fee does not apply if the client develops COVID symptoms within 24 hours of their session.
- Hand sanitizer will be used on entry and available during the session.
- The client and I will wear a mask upon entry and until the client is situated on their yoga mat.
- Physical distance of two metres will be maintained between myself and client(s).
- Clients bring their own mat and desired props for their own use.
- Foam blocks, if used, are sanitized before and after each client.
- A designated area for the client's mat and personal belongings will be disinfected before and after use.
- Contact surfaces in washroom will be disinfected prior to the session.
- Clients are asked to bring their own water or drink in a bottle or travel mug.
- At least one window will be open during the session, to the extent that comfort and privacy is ensured. If a window cannot be left open, the heat recovery ventilation system (HRV) will be run on high setting.

COVID is an evolving situation, and the above guidelines are subject to change.

Please contact me if you have any questions!

¹ Read more: <https://www.psychologytoday.com/us/blog/somatic-psychology/202005/why-face-masks-can-trigger-unpleasant-emotions>