



COVID Safety Protocol for In-Person Sessions

Revised June 10, 2023

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 continue to offer virtual private sessions.

In-person group sessions are on hold indefinitely. In-home and off-site private sessions will be considered on a case-by-case basis. Private sessions for individuals, couples, and small groups of three 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.
- I will wear a mask at my home entrance until the client is situated on their yoga mat. Wearing a mask is optional for the client.
- 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. Areas used by clients are sanitized after each session.
- 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.
- A [Blueair HEPA air purifier](#) will be running. The heat recovery ventilation system (HRV) will be run on high setting if air quality permits. If required due to temperature or air quality, air conditioning will be used.

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>