

Native Yoga Center is thrilled to reopen and offer our new Health & Safety Guidelines!

We have put in place some guidelines for the first phase of this procedure to ensure the health and safety for our students and teachers. We have taken every precaution to insure a clean and safe space for us all. We are aware that this is a sensitive issue and are prepared to navigate these uncharted waters with you.

1. We are requesting each student to wash their hands upon arrival and prior to leaving the studio. Hand sanitizer and sanitizing wipes will be placed around the center for your convenience if you do not bring your own.
2. Class sizes will be limited to 10 people. (9 participants and 1 instructor) We have measured designated practice spots with the 6 foot distance guidelines between each mat.
3. Pre registration is required for in studio classes on our MindBody scheduler. We are not taking walk in registration at this time. If you need assistance using our scheduler please contact us. Once registration is complete we have in place a 24 hour cancellation policy to hold your reservation. Without proper cancellation your spot will be forfeited and your class will be deducted from your account. (Students holding Unlimited packages will be charged the price of a single class \$20) Classes will be live-streamed daily and recorded should you prefer to join from home. We will offer alternate pricing depending on your practice preference (in studio and livestream or livestream only).
4. Classes will be led with verbal instruction and No hands on assists will be offered at this time. We will be a "Namaskar only" studio. (hands at heart level and a smile to say hello and goodbye).
5. All rental mats, blocks, straps, blankets and props have been removed from the studio. We recommend if you will need such props to bring them from home. We will have mats and supplies available for sale if you need.
6. We ask that you Do Not come to class if you are exhibiting any signs of sickness including allergies. If you live with or have been exposed to someone who is sick please be responsible and wait 14 days to resume in person studio classes. If you are sick and/or not feeling well to practice in our group setting no deduction will be made from your account. Please contact us personally.

Our hope is that if we act responsibly together we will be able to relax these guidelines when appropriate. Thank you for supporting us through this process. We are so excited to see you in class!