



HYGIENIC RULES DUE CORONA:

- If you have any flu or cold symptoms please stay at home and join us on Zoom.
- Please wear a mask when entering the studio. You can take it off, when you are on your mat.
- Please wash your hands and use the desinfectant provided on the table, before and after entering the Yoga Shala. We will do the same.
- The studio has a HyperHEPA filtration system:
(„The IQAir HealthPro Series features HyperHEPA filtration technology for superior airborne particle removal. IQAir's HyperHEPA filtration is tested and certified by an independent third-party lab to effectively filter 99.5% of harmful ultrafine pollution particles down to 0.003 microns in size. This is 100 times smaller than what is achieved with ordinary air filtration technology and 10 times smaller than a virus. **This includes the corona Virus which size is between 0,08-0,12 Microns.**“)
- Please keep a distance of min. 1,5 m to every person!
- Please come wearing your Yoga Clothes, you can leave your things in the changingroom.
- You cannot use our showers right now.
- Right now we cannot offer you tea, so please bring your own for after practice.
- Please bring your own mat, towel and blanket.
We cannot offer you Studio Mats.
- We will disinfect door handles, WC... regularly!

Thank you for your understanding and cooperation.