



Iyengar Yoga with Terence Tofield

AH Yoga class May 2021 at the Strawson Hall Albert Rd Horley

Should go to a physically distanced class?

Consider government advice as to whether you may socialise during covid pandemic, Not if you are self-isolating or live with or support bubble with someone who is currently self-isolating. Not if you need access to the loo, limited facilities available for acute situations only.

- **Book** your place on What's App group chat for the day you are attending prebook by 8am on the day of the class using What's App.
- **Payments** must be made remotely to Angela Hulm (teachers in halls will not take payment). If you can't attend your fees can be used for any class or refunded.
- **Kit** Bring your own kit. If you need (more) equipment, I have plenty available please let me know what you need. No charge but you will need to clean and carry the equipment yourself.

Before you leave home:

1. Think! Am I symptom free? If not please stay home and practice.
2. be well hydrated, no water or food to be brought to class.
3. dress for class,
4. blow your nose,
5. use the loo,
6. wash your hands
7. put on mask to enter building.

Attending class

1. arrive dressed ready for class,
 - wearing a face covering,
 - carrying your yoga kit,
 - shoe & refuse bag,
 - tissues &
 - hand sanitiser.
2. Queuing - enter 1 minute after the person before you through the side door.
3. Your booking is for a specific arrival time for a numbered floor space
4. Remove your mask, shoes and coats once you are at your allocated place. Place in your bag.
5. Apply your hand sanitiser.
6. Stay in your allocated place facing the narrow end of your mat as indicated by the teacher.

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**New stock for sale: Bolsters Purple £33 Mats £12
Second hand Kit available free of charge Foam pads, straps, foam bricks, bolsters, cotton blankets, acrylic blankets, mat, AH yoga kit bags.**