

Louise Hebblewhite - Sucram Yoga - Covid19

Cleaning for your Health and Safety in your Yoga Class

These recommendations are based on the guidelines from WHO, Government guidelines and Yoga Alliance Professionals.

Cleaning Procedure

- All touch point surfaces, ie door handles, radiators, sills and chairs will be cleaned/ wiped down and sprayed Pre and Post Yoga class.
- I will be using cleaner spray and paper roll and then spraying with recommended disinfectant spray Pre and Post class.
- Students are encouraged to clean their mats and equipment before and after the class
- Teacher and Students to Hand Sanitise Pre and Post class. WHO recommend 70% Alcohol
- Teacher and Students to change/wash yoga gear upon returning home.
- Teacher and Students to follow good hygiene when using the toilet.

Given the unprecedented nature and uncertainty surrounding the Coronavirus pandemic, the information provided here may be subject to change.

I appreciate this is a difficult time for all my Students, and me included so I hope this document can offer some confidence when it comes to returning to class. And as we look toward the easing of lockdown I will continue to share updates and useful resources with you all.

Louise Hebblewhite Aug 2020
