

LOTOS

YOGA BERLIN

Lotos Yoga In Studio Hygiene Measures

- To participate in a “In Studio” class you must present:
 - Proof of a Negative covid test which is no more than 24 hours old **OR**
 - Completed vaccination passThese regulations apply to: guests, employees and teachers
- Each class will be limited to 10 guests
- All classes must be pre booked online **before** the start of the class, at this time we can not accept walk-ins
- Doors and windows will remain open to provide adequate ventilation during/before/after classes
- Please arrive 10 minutes before the start of the class to give adequate time for check in
- For everyone's protection please wear a facemask (**FFP2**) while checking in, once checked in head to the practice room, unroll your mat and take a seat, **once on your mat** you can remove your mask
- After the class please exit promptly, if you would like to socialise with other guests please do so outside
- Lotos will mark out designated yoga spaces distanced 1.5 meters from each other, please unroll your mat in one of these marked areas
- If possible bring your own mat, Lotos will provide disinfecting spray and wipes if you decided to borrow one but cannot guarantee the sanitisation
- At this time changing rooms must stay closed, please come wearing your yoga clothes
- Use of toilets is possible but please do not que in the confined area around the bathroom
- It's exciting to be back in the studio and all together again but please refrain from physical contact - our teachers will not be giving any hands on adjustments or massages for the time being

Thank you for understanding and abiding by these rules, we are looking forward to flowing with you and moving forward towards a corona free world where we can all give hugs again!

Namaste

Your Lotos Team