

We're Opening for In-person Classes Indoor and Outdoors

After numerous discussions and reviews with public health experts, Kashi Atlanta has a comprehensive plan for offering safe, fun and peaceful in-person, indoor classes.

Please join us for indoor classes beginning Saturday, July 17th

We will open our upstairs area only, which includes our reception area, hallway, large yoga room and upstairs bathroom. All of our classes, including those offered in-person, will continue to be live streamed, so please join us in-person or online – whatever works best for you.

For this initial soft opening, we will offer 1-2 inside, in-person classes per day. In August, we hope to fully open Kashi Atlanta for indoor classes. Please see our current schedule for in-person classes, both indoors and outdoors.

Here are our new protocols and improvements for safe, fun and peaceful yoga indoors:

Improved Air Circulation and Virus Protection

We've installed a new heating and air system, with enhanced air circulation and virus protection. This will significantly improve air quality and provide the safest environment for practicing yoga. We have also added new virus protection technology into our air circulation systems - three Global Plasma Systems, which use positive and negative ions to disrupt pathogens and make them inactive. These systems create no ozone or harmful byproducts.

Practice Contact-Free and Socially-Distanced

- Check yourself in online using the [Kashi Atlanta/Mindbody website](#) or app. This will enable us to offer Contact-Free Check In. [Book on the schedule](#) using the Kashi Atlanta website or app, up to 7 days in advance.
- Class sizes are reduced to accommodate for 6 feet of distance between yoga mats, as shown by Floor Markers.
- Classes are now 60 minutes.
- For indoor classes, please arrive 10 minutes before class. Your teacher will be checking you in and taking your temperature before locking the front door at the beginning of class.

- Restrooms are still available.
- Bring your own mat and props.
- Teachers will stay on their mat and only use verbal assists in class.
- We will refrain from any heavy breathwork or chanting during indoor classes.

NOTE: For Acharya Swami Jaya Devi's large classes, Saturday 10 am Yoga & Pranic Healing and Wednesday Night 7:30 pm Spiritual Growth and Meditation, we will incorporate pods of 3-8 vaccinated people into our social distancing strategy. This will enable more people to attend these classes in-person. Each pod (group of vaccinated people) or individual person will be spaced 6 ft. apart. You will be contacted in advance if there is an opportunity to put you or your group into a pod (e.g. if you are coming to class with your partner, we may ask you if the two of you would like to practice in a pod).

No one needs to participate in a pod to come to Swami's classes.

Practice Clean

- We offer Mask to Mat classes; everyone must wear a mask at all times until they reach their mat. Once you are on your mat, you can remove your mask if you wish. We recommend that unvaccinated people keep their masks on throughout the class for their own safety based on CDC safety recommendations. Any time a student leaves their mat, they will be required to put their mask on.
- As you enter the building, your teacher will greet you. They will check your temperature and make sure you have signed up for class. Those with a temperature of 100.4 or higher will not be permitted to enter the ashram.
- All in-person teachers will be fully vaccinated.
- Sanitize or wash your hands before class. Sanitizer, soap and wipes will be provided.
- Studio surfaces are stringently cleaned and sanitized with disinfectant each day.

Please Check In With Yourself

- If you aren't feeling well or have a cough, fever or symptoms of COVID-19, please do not attend class for your well-being and that of your teachers and classmates.
- If you have tested positive for COVID-19 or have been in close contact with someone who has, we ask that you not come to the studio for 14 days or until you've tested negative.

**We are so grateful for your help in keeping
yourself and this community safe.**