

WE'RE OFFICIALLY, FULLY REOPENED

Greetings Beloved Kashi Atlanta Community,

Happy Fall! As we move into this season of great change and transformation, we are delighted to share that Kashi Atlanta will officially re-open for all of our regular weekly classes and workshops on Wednesday, October 6th! The majority of classes and workshops will have in-person options moving forward, and we will make use of all of our practice rooms once again.

If you've been missing the powerful sweetness of our downstairs Durga temple, it's ready to hold you in practice once again! And your whole ashram has been renovated: we have a new front desk, skylights, more restrooms, a state-of-the-art HVAC and air purifying system*, and more. We are thrilled to share these updates with you!

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 6 ft. 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.

IN ACCORDANCE WITH THE MAYOR'S MASK MANDATE...

we are masking up as we practice, and we've received feedback from both students and teachers that it is absolutely doable. To quote one of our students, "I was definitely thinking more about my hamstrings than I was my mask in that class!"

- We are asking everyone to wear a mask at all times inside Kashi Atlanta
- All in-person teachers will be fully vaccinated.
- We are asking non-vaccinated people to participate in classes and workshops virtually
- Those who are fully vaccinated should email a photo of their vaccination card to info@kashiatlanta.org in order to access registration for indoor classes.
- 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.
- 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.

*Kashi Atlanta's state-of-the-art HVAC and air purifying system provides 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.