

KashiAtlanta Urban Yoga Ashram

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 MindBody app, up to 7 days in advance.
- 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.
- Class sizes are reduced to accommodate 6 ft. distance between yoga mats, as shown by Floor Markers.
- 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.

INDOOR MASK-TO-MAT POLICY

- During classes with 10 or fewer students in attendance, masks may be removed when on your mat. At other times masks should still be worn while inside Kashi Atlanta.
- All in-person teachers are 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 continued support and with keeping yourself and our beloved 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.