



# HAUGHT YOGA

*a boutique yoga experience*

## HOW HAUGHTIES CAN HELP US STAY COOL WITH THE RULES

- PRE REGISTER ONLINE FOR CLASSES OR CONTACT AMY FOR PRIVATE/SEMI PRIVATE YOGA
  - PRE PAY USING VENMO @AMY-KEMPER-6 OR PAYPAL-LINK IN CONFIRMATION EMAIL CASH/CHECK ARE WELCOME. PLEASE PLACE IN AN ENVELOPE OR ADD A POST-IT LISTING NAME, AMOUNT AND CLASS. PLACE THESE IN THE BASKET ON THE FRONT DESK UPON ARRIVAL.
  - DO NOT ARRIVE MORE THAN 10 MINUTES BEFORE YOUR CLASS
  - ODH MANDATES STAFF WEAR A MASK\*. CLIENTS CAN USE THEIR OWN DISCRETION.
  - MATS WILL BE PROVIDED BUT YOU MAY BRING YOUR OWN AS WELL AS YOUR OWN STRAP AND BLOCK IF YOU CHOOSE
  - YOU MAY BRING A FILLED WATER BOTTLE.
  - BRING THE ABSOLUTE MINIMUM INTO THE STUDIO, KEYS, SHOES, AND MAT AND PROPS IF YOU BRING YOUR OWN. LEAVE PHONES, JACKETS AND ITEMS YOU WON'T NEED AT HOME OR IN YOUR CAR.
  - PRACTICE SOCIAL DISTANCING AS YOU ENTER AND EXIT THE STUDIO
  - UPON ARRIVAL BE PREPARED TO CONFIRM SELF ASSESSMENT (VIA CDC WEBSITE)
    - COUGH
    - SHORTNESS OF BREATH OR DIFFICULTY BREATHING
    - FEVER
    - CHILLS
    - MUSCLE PAIN
    - SORE THROAT
    - NEW LOSS OF TASTE OR SMELL
- THIS LIST IS NOT ALL POSSIBLE SYMPTOMS. OTHER LESS COMMON SYMPTOMS HAVE BEEN REPORTED, INCLUDING GASTROINTESTINAL SYMPTOMS LIKE NAUSEA, VOMITING, OR DIARRHEA.
- IF YOU HAVE SYMPTOMS, HAVE TRAVELED OR HAVE HAD KNOWN EXPOSURE TO SOMEONE WITH COVID-19 DIAGNOSIS OR WITH SYMPTOMS, PLEASE STAY HOME AND REST OR PRACTICE AT HOME.
  - AFTER PLACING SHOES IN CUBBY PLEASE MOVE TO AN OPEN MAT FARTHEST FROM THE ENTRANCE.
  - NO HANDS ON ADJUSTMENTS WILL BE OFFERED.
  - MAINTAIN SOCIAL DISTANCING AND SAFETY MEASURES AFTER CLASS.
  - RELAX AND ENJOY YOUR PRACTICE.

