



Policies for In-Person Yoga Sessions during COVID-19 Pandemic

In the interest of providing personal care and attention to my clients during the COVID-19 pandemic, the following minimum procedures will be observed during in-person yoga sessions. Clients who schedule in-person yoga agree to observe these provisions, as well as those provided in the Release of Claims. Additional measures may be necessary, and I welcome the opportunity to create personalized solutions for your situation. Please let me know how I can help you!

In-person yoga sessions for clients who HAVE NOT yet been vaccinated

- Client reads and signs updated Release of Claims, including provisions for COVID-19
- Suzanne agrees to provide minimum of two hours between client sessions and to change clothes between sessions
- In person yoga sessions will take place at client's home
- Client will have own yoga props for use during session
- Practice room will be ventilated with outside air and/or air purifier
- Client will provide an indoor sink/wash basin, liquid soap and disposable drying towels for Suzanne to wash hands upon arrival and prior to departure
- Client and Suzanne will both wear masks, as follows:
 - Suzanne will wear mask and Face shield
 - Client will wear a surgical mask (no cloth mask, surgical mask is required)
- Suzanne will limit physical adjustments and assists. During physical adjustments and assists, Suzanne will avoid face-to-face in proximity.

In-person yoga sessions for clients who HAVE been vaccinated

Same as above, with these exceptions:

- No masks required during yoga sessions unless:
 - Preferred by client
 - Warranted because of exposure to persons with COVID-19, as mutually agreed upon between Suzanne and client. If at such time, when there may have been an exposure to COVID-19 or its variants, and one or the other, instructor or client, prefers that one or both should wear a mask, then both parties agree to wear a mask
- Physical adjustment and assists to will be provided by Suzanne