

Our Covid-19 protocols for in-person programing: Spring 2022

In the Spirit of Care, Caution, Respect for our shared practice and learning environment.

Wellness First

We ask all in attendance to be fully vaccinated.

*For information regarding vaccination during pregnancy please see the [current CDC recommendations](#)

Please refrain from coming to the center if you have symptoms of cold or flu, or have been knowingly exposed recently to someone with Covid-19 and have not tested negative.

Masks

We ask that everyone remains masked while in the lobby and hallway of the Sol Center.

Masks are also being requested in the main practice room for now, we will address our mask mandate in accordance with local and national recommendations.

*Masks will be required for the pre-natal yoga class

Class Size and Pre-Registration

We are limiting class size at this time to allow for distancing.

In order to make sure there is a place in your class of choice, we ask you that you preregister and pay via the website.

You are welcome to set up your class registration and payment in person if you prefer not to use the digital system. Or, drop-in and see if there is a space available.

Instructors

We do require all our instructors and staff who teach in person to be fully vaccinated.

Instructors will limit movement and physical contact with students at this time.

Instructors will opt out of in person teaching if they are not feeling well or have been exposed recently.

Ventilation

The center is designed to continually supply fresh air and remove air via an ERV.

We also use an air purification system in the group practice room.

Surfaces & Cleaning

We clean stuff

Props & Personal Items

It is best to bring your own props- mat, blanket, blocks, straps. We do have folding chairs in the studio for any seated programs, and for use as a yoga prop.

We do have many particular yoga props on hand, you may borrow at your discretion. A bath or face towel is recommended as a personal covering/barrier.

*As many particular props are used in prenatal, please bring a towel to augment common prop usage.

Please bring your own water/bottle.