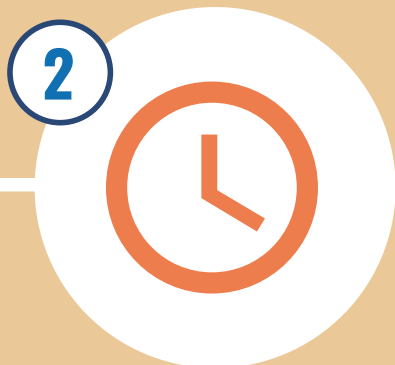


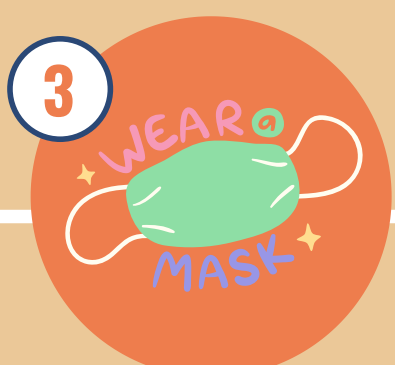
Covid - Secure guidance for community classes



2
Arrive on time & dressed for class.
Don't mingle in the corridors if you can help it.
Scan QR code for the NHS app found at the door.



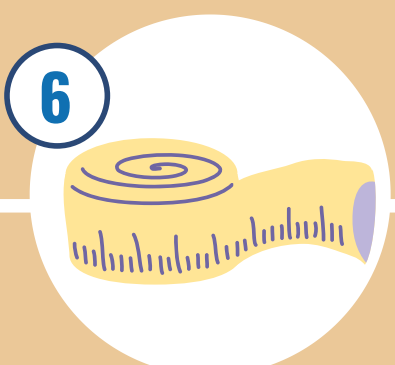
1
Book your class online via eventbrite.
Read covid-19 policy online.
Download NHS app.



3
Wear a mask throughout the centre until you're on the mat.
Remember to put it back on before you leave.



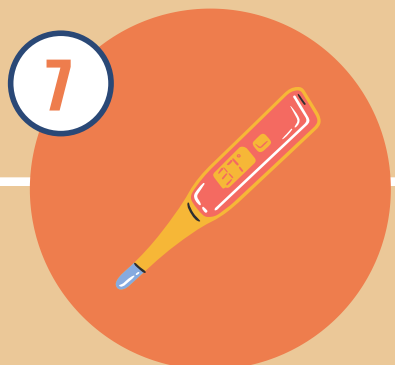
4
On arrival make use of the hand sanitiser and hand washing facilities.



6
Place your mat 2 meters away from others in the class.



5
Bring your own mat and props where possible.



7
Don't come to class if you or a member of your household are feeling unwell or have tested positive for COVID.



Enjoy your class!

Person-centered yoga for all bodies.

Starting Monday 12th October
Every Monday - 8:30 am - 9:30 am
Telegraph Hill Centre, Kitto Road, SE14 5TY
Booking via www.hebevaliantnutrition.com/yoga
Pricing on a sliding scale £6/7/8



@hebevaliantnutrition @
yoga@hebevaliantnutrition.com ✉