



Updated 01-12-2023

The novel coronavirus, COVID-19 and its variants, has been declared a worldwide pandemic by the World Health Organization. COVID-19 and its variants are extremely contagious and believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

COVID-19 POLICIES & PROTOCOLS

Vaccination

One Yoga strongly recommends that students practicing in-person at the studio be vaccinated for Covid-19.

We offer a few vaccine-required classes on our schedule. These classes will require that students be vaccinated and boosted to attend (completed primary series and at least one booster dose--there is currently not a date requirement for these). We will check vaccine cards at the front desk for these classes, so remember to bring your card to class!

The following existing classes on our schedule will switch to this requirement starting January 1, 2023:

- Sunday 7:00pm Gentle & Yoga Nidra w/ Emily Ann
- Tuesday 6:00pm Hatha w/ Kai Adams
- Wednesday 7:30pm Gentle Flow w/ Kai Adams
- Thursday 4:30pm Hatha w/ James Orione
- Friday 4:30pm Vinyasa w/ Jana Huffman
- Saturday 10:00am Gentle Flow w/ Jana Huffman

Masks

Masks are required for everyone at the front desk, lobby, and while moving about the studio. You may remove your mask for practice once you are settled on your mat. One Yoga provides free surgical masks for students and free KN-95 masks for teachers and staff.

Mats and Props

We have mats and props available for students to use in the studio. We ask students to please carefully disinfect mats after use. Staff and volunteers will regularly clean props.

Capacity

All classes and workshops in the studio will have a limited capacity to ensure proper social distancing within the space.

Air Quality

One Yoga commits to optimizing air quality to the greatest extent possible, by opening windows when the climate allows and running multiple HEPA air purifiers during all in-studio classes and workshops.

Student and Instructor Health

Instructors will only be in physical contact with students to offer adjustments with explicit consent from students. Please stay home if you or someone in your household is feeling sick, presenting any Covid-19 symptoms, or has recently tested positive for Covid-19. In the event the instructor or someone in their household is experiencing symptoms or has tested positive, a substitute instructor will be secured or the class will be canceled.

Registration Strongly Recommended

Pre-registration for all classes and workshops is strongly recommended. Please arrive 15-20 minutes prior to the start of class for check-in.

Registration and cancellation policies for in-person classes and workshops:

- Online pre-registration with payment is strongly recommended for all in-person One Yoga classes, workshops, and other events
- If you cancel more than 24 hours prior to the class or workshop, you will retain your payment in the form of a One Yoga studio credit associated with your account
- Studio credits do not expire
- No credits are given for cancellations less than 24 hours prior to the in-person class or workshop
- If a class or workshop is canceled by One Yoga, you will be notified by email and will receive a full refund

Covid Exposure

[The CDC still recommends](#) folks wait until 5 days after exposure to test for Covid-19. That said, if you have a known exposure to Covid, we ask that you please refrain from taking classes in the studio for 5 days. You are welcome to take our virtual classes at home during those 5 days, and can come back to the studio with a negative test after day 5. We appreciate your help in keeping our community members safe and healthy during this time.

If you test positive for Covid-19, please email info@one-yoga.org as soon as possible. One Yoga will send a notice to everyone who attended class with the individual who tested positive (the individual's identity will remain anonymous). The individual who tested positive will need to quarantine for 10 days and can return to One Yoga with a negative test result.

COVID-19 STUDENT LIABILITY WAIVER

One Yoga Two (“One Yoga”) has put in place preventative measures to reduce the spread of COVID-19 and its variants; however, One Yoga cannot guarantee that any patron will not become infected with COVID-19 and variants.

- I acknowledge that entry upon the premises of One Yoga and any activities performed thereon could increase the risk of contracting COVID-19 and its variants for myself and those I come in close contact with.
- I acknowledge that I am voluntarily entering the premises of One Yoga for purposes of patronizing One Yoga for my personal benefit, and the value of such benefit is sufficient consideration for my voluntary execution of this agreement.
- I acknowledge that participation in any activities or services of One Yoga could increase the risk of contracting COVID-19 and its variants for myself and those I come in close contact with.
- I acknowledge that I am not exhibiting any symptoms of COVID-19 including, but not limited to, fever, cough, shortness of breath or difficulty breathing, nor am I aware of having been exposed to someone who has had COVID-19.
- I further acknowledge and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and its variants by patronizing One Yoga and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 and its variants at One Yoga may result from the actions, omissions, or negligence of myself and others, including, but not limited to, One Yoga employees, agents, representatives, customers, and any others present on the premises of One Yoga.
- I further acknowledge and voluntarily agree to assume all the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my presence at One Yoga or services performed at One Yoga (“Claims”). I hereby release, covenant not to sue, discharge, and hold harmless One Yoga, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of One Yoga, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after my visit to One Yoga.
- I further acknowledge and voluntarily agree to comply with any and all stated and customary terms and conditions for participation. In addition, however, to the extent I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and will bring such hazard to the attention of the nearest One Yoga employee, agent, or representative immediately.
- This agreement may be delivered by electronic transmission and the executing party’s electronic signature shall be deemed to be an original signature hereto and shall have the same force and effect as the use of manual signatures.
- If any provisions contained in this agreement shall be invalid, illegal or unenforceable in any respect, under any applicable law, the validity, legality and enforceability of the remaining provisions contained herein shall not, in any way, be affected or impaired.

Signature of Client

Date

Print Name of Client