

Inner Being LLC
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COVID-19 Guidelines

- Touch less Temperature check at entrance
- Masks provided if needed
- Masks are required to enter the facility & until you have arrived onto your personal Yoga Mat
- Social distancing is mandatory at all times

**NY STATE PROTOCOLS FOR SAFE PRACTICE:
(Subject to be updated as we learn more.)**

Cleaning and disinfecting the space on a consistent basis, with extra time in between classes to disinfect surfaces.

Suspending the use of studio mats and props; please bring your own mat/props.

Limiting class sizes and following social distancing protocols with 6' spaces in between each yoga mat.

Teachers and students must have NO (1) COVID-19 symptoms in past 14 days, (2) tested positive COVID-19 test in past 14 days, and/or (3) had close contact with confirmed or suspected COVID-19 case in past 14 days.

Teachers are asked to wash hands frequently - preferably upon arrival and before departing the studio.

No one is allowed to practice if they are dealing with any kind of illness.

All immune compromised students are asked to please stay home and utilize our online ZOOM classes.

Please be mindful of your distance before and after class.

Please do not arrive more than 15 minutes before a class. We need time in between classes for cleaning & to avoid an overlap of classes.

Masks are required, by teachers and students, as you enter the building, and as you leave the building.

No hands-on adjustments.

Proper ventilation with filters in accordance with guidelines

Inner Being LLC

Covid-19 Screening and Waiver

- 1- Have you knowingly been in close contact in the past 14 days with anyone who has tested positive for COVID-19 or who has or had symptoms of COVID-19?
2. Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?
3. Have you traveled to a state/place with significant community spread of COVID-19 for longer than 24 hours within the past 14 days.
4. Have you had any COVID-19 symptoms in the past 14 days? Or any signs of illness?

If you have answered NO to all the above proceed to your class. Upon arrival you will have your temperature taken by touch less method and you will be escorted directly to your yoga mat.

**If you have answered yes to any of the above questions you are not permitted to come to class.
If you have answered yes you should stay in quarantine and contact your Doctor.**

CONFIRMATION

I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge that Inner Being LLC has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.

I acknowledge that I have read the following; I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.

I further acknowledge Inner Being LLC cannot guarantee that I will not become infected with the Coronavirus/Covid-19.

I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to staff, and other yoga students and their further acknowledge that Inner being LLC cannot guarantee that I will not become infected with the Coronavirus/Covid-19.

Karen D. Faulkner

Owner & Yoga Instructor, Inner Being LLC