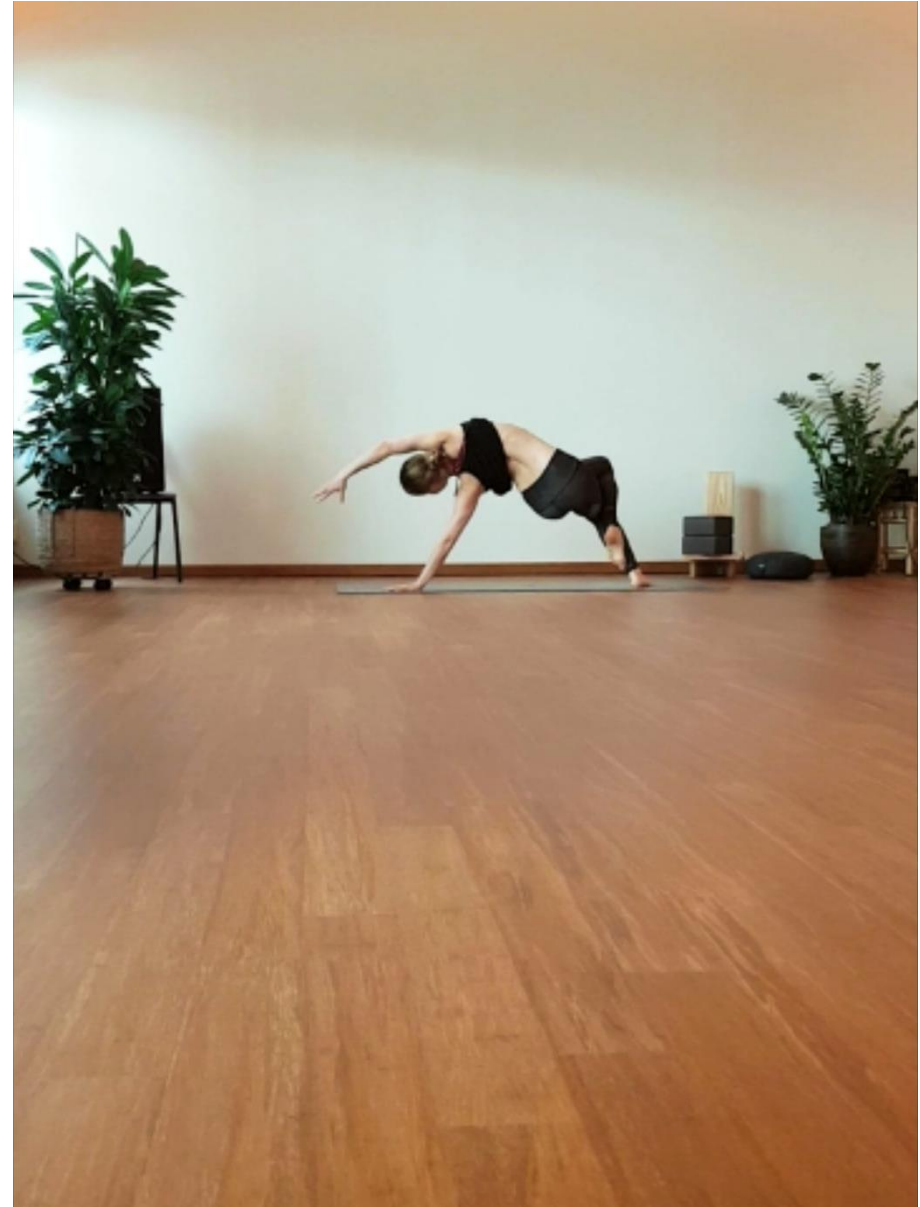


ebb &
flow

COVID19 PROTOCOL



WHAT MEASURES ARE YOU TAKING?

- **Limited spots available** to ensure 1,5m distance between yogis. Reserve your spot in advance!
 - ebbflowstudio.nl/rooster
 - [Eversports app](#)
- **Class full? Sign up for the [waiting list](#)!**
- We ask you to wash your hands with disinfectant upon entering the studio.
 - Disinfectant is available in the studio.
- Studio mats, meditation cushions and blocks will not be used. **Please bring your own mat.**
- The studio will be filled back-to-front.
- The toilet is cleaned after every class.
- The studio is cleaned before every class.
- Use the designated mat spots to place your mat.
- Teachers do not provide hands-on adjustments.

WHAT CAN I DO TO PREPARE?

- Change clothes at home before and after class.
- Don't forget your mat! Don't have one? You can always buy one at our studio.
- Go to the toilet at home before coming to class. Only use the studio toilet when absolutely necessary.
- Not feeling too well? Fever coming on? Runny nose? You know what (not) to do. **Get well soon.** ♡
- We don't accept cash, only PIN payments / online transaction (we actually never did, so this stays the same ;-))

WHERE DO I FIND CURRENT / NEW INFORMATION?

STUDIO – All relevant protocols, measurements and guidelines are shared in the studio.

ONLINE – All relevant information will be shared in our newsletters, social media and website.

Newsletter: [Subscribe](#)
Facebook: [/ebbflowden Haag](#)
Instagram: [@ebbflowstudio](#)
Website: ebbflowstudio.nl

PERSONAL – Yogis who are new to our studio will receive a notification including our safe studio standards. Do you have any questions? Reach out! Either directly in the studio, or give us a shout at hello@ebbflowstudio.nl.

REMEMBER –

Shine
on you
Crazy
diamond

