

## To People who want attend our in-person yoga class

at Watford Quakers House 150 Church Road, Watford, WD17 4QB  
on Thursdays (10:15-11:45am) commencing on 2 September 2021

The following two points need your immediate attention.

- Participants are required to **take [a rapid lateral flow test](#) within the past 48 hours, with a negative result.** You can get test kits for free [here](#).
- Participants are required to **book in advance** due to the limited spaces (see **HOW TO BOOK** below).

Please read the following and kindly perform the parts relevant to Participants.

### MEASURES to run the class

In order to create a safe environment by setting up a clean space, and minimising the risk of the virus being introduced, the following measures will be in place:

- The maximum class size will be seven students for each lesson.
- Participants must book in advance due to the limited spaces.
- Participants must have a NEGATIVE rapid lateral flow test within the past 48 hours.
- Participants must not attend if they have Covid-19 symptoms, or if they think they might be infected.
- Participants must bring their own yoga kits and drink. Sanitised chairs will be available.
- A social distance of 2 meters will be maintained between participants, unless they are from the same household.
- Instructions will be given verbally and partner exercises will not be used.
- The room will be cleaned and high-touch points (eg, door handles and light switches) sanitised before each lesson.
- The room will be ventilated before, during and after every lesson.
- Hand sanitiser will be available for participants to use.

Note: Our yoga insurance does not cover for participants (or anybody) contracting Covid-19.

### HOW TO BOOK

Please book one or more lessons in advance with payment via bank transfer of £11 per lesson.

Our Account Name: Okido Yoga UK, Sort code: 08-92-99, Account number: 65932427

Reference: WD-(your name initial). (family name as many letters as fit) e.g. WD-T.MORI

Then email us ([contact@okidoyoga.org.uk](mailto:contact@okidoyoga.org.uk)) to tell which lesson(s) you are booking.

Although no discount is given for booking multiple lessons, you can cancel the booking of each lesson with notification as follows:

If you cancel with at least 72-hour notice, you will have a choice of

- 1) receiving a refund for that lesson,
- 2) leaving the money with us as a credit for any type of future lesson(s), or
- 3) receiving a recorded lesson which is accessible for one week.
- 4) We may stream the lesson online. If so, you have a choice of attending it from home.

If you cancel with less than 72-hour notice, you will have a choice of 3) or 4).

If the teacher has to cancel a lesson, you will have a choice of 1), 2) or 3) as described above.

The above measures will be reviewed periodically.

Okido Natural Health Education Trust Ltd