

Discover Yoga & Physical Therapy

COVID Guidelines

(in effect August 2022)

- All students must be fully vaccinated
- All students will honor the space of other students in the waiting room and studio
- All students will use hand gel immediately upon entering the building
- Sign-in will be done electronically
- Payment will be provided prior to class by credit card whenever possible; however, we can take credit and exact change cash at the studio
- Students and staff will use only single-use paper products while in the bathroom
- All students will have their temperature checked and complete a symptom/exposure review upon arrival
- All students will bring their own mat and equipment if possible; if you intend to use a studio bolster, please bring a clean towel or blanket to cover the fabric
- Our studio and equipment will be cleaned by staff prior to and after each session with CDC-approved cleaning protocol and chemicals.
- We have a heap-filter air purifier certified for particles smaller than the COVID virus
- Notify us to determine if you need to cancel your session if any of the following are true:
 - You are experiencing any signs and symptoms related to the COVID vaccine
 - You have been exposed to sick individuals or those who have tested positive for COVID in the last 7 days
- We will not be serving tea, water, or other refreshments; students are advised to bring their own water bottles.

Any questions or concerns should be forwarded to Melissa Valentine at 919-600-0842 or melissa@discoveryogapt.com