



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

We are excited to welcome you into the studio for classes!

Here are some things to remember. Please read this carefully.

BEFORE YOU ARRIVE: The day before each class, you will receive an email asking you to confirm that you have not experienced fever, new or worsening cough, or been exposed to a confirmed case of COVID-19. You **MUST** reply to that email before entering the studio for class each week. You **MUST** wear a mask or face covering at all times in the studio.

PARKING: We will continue to reserve our parking lot for patients coming in for services. There is paid parking at Willamette Park (entrance off Nebraska) or we have found street parking to be plentiful in the neighborhood across Macadam Ave. There are crosswalks at Nebraska (four blocks north) and Nevada (three blocks south). Our cross street is California. The studio is directly across from Buffalo Gap on the East side of the street.

SANITIZING STATIONS: Please use the hand sanitizer by the door when you arrive.

PROPS: Please bring your own mat, blocks, strap, and blankets. We have these items for sale in the studio. Chairs will be provided and sanitized between each class. You may bring a pillowcase to place over a bolster.

PERSONAL ITEMS: We ask that you bring minimal items into the studio with you. When you arrive, we ask that you take your **SHOES OFF** and place them in a bag. If you do not have one, we will provide one for you. Bring your own **FILLED WATER BOTTLE** for hydration during class. We will provide bins by the entry door for you to store your belongings. Take these into the studio with you (cell phones off or silent as always). The bins will be stacked by the exit door as you leave and will be sanitized by the staff for the next class.

ENTRY AND EXIT: The studio will open 15 minutes before class starts. Enter through the front door up the wooden steps on the south side of the building. Classes will be in studio A and B. After your class is over, follow the arrows down the stairs and out the downstairs door.

SOCIAL DISTANCING: Our receptionists and teachers are thrilled to see you again in the studio, but we ask that you be respectful of our space and the space of your fellow students. If you use the restroom, leave the door open after you are done so that those waiting will know that there is an available restroom to use. MAT SPACES will be assigned when you arrive.

Please be flexible and mindful as these policies evolve. We will do our best to communicate any changes to you in advance.