



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

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

Please read this carefully.

BEFORE YOU ARRIVE: You are not required to sign up ahead of time to reserve a studio spot. Just check in at the front desk when you arrive. The cancellation window will be back to normal (one hour before class), and there is no more late-cancel fee for students on unlimited passes.

MASKS and VACCINATIONS: Vaccinated students may show us proof of vaccination status and are welcome to practice without a mask. If you are not vaccinated or unable to show proof of vaccination, you will need to continue to wear a mask in the studio. We have masks at the front desk if you've forgotten yours.

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 (two blocks south). Our cross street is California. The studio is directly across from Buffalo Gap on the East side of the street.

PROPS: You are not required to bring your own props, but are welcome to. We have props for sale in the studio if you wish to purchase them.

PERSONAL ITEMS: We ask that you bring minimal items into the studio with you. Bring your own filled water bottle for hydration during class. Shoes and personal belongings can be stored in the cubbies provided in the wooden lobby. Turn **CELL PHONES OFF OR SILENCE** them, as always.

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

Updated 7.2.21