



**THREE BOONS YOGA**  
**HYGIENE CONCEPT WINTER 2021**  
ACCORDING TO 2G+DISTANCE OPTION  
AS OF 27.11.2021

- (1) In order to comply with the current hygiene and Corona rules of the local Berlin government, visiting our yoga studios is currently only possible if you present a digitally verifiable proof of COVID19 vaccination or recovery along with a matching photo ID. At the checkin, please have both of these documents ready and, once it is your turn to checkin for class, please put it on the checkin desk so our staff can check it.
- (2) The 2G requirement also applies to our staff, especially the teachers of the class and our front desk staff. In addition, we test all our staff with student contact on a daily basis.
- (3) We are currently implementing the 2G+DISTANCE option at our studios, which means to practice at our studio, you do NOT have to also bring a Covid test.
- (4) In order to reduce contacts at the checkin and to allow us enough time to check all the required documents, participation in our classes is only possible with a prior binding registration and pre-payment via the booking tools on our website. We cannot accept any payments (neither cash nor card) on-site for hygienic and organizational reasons. Please do not come to the studio unless you have successfully registered and paid for the class and have received a confirmation e-mail from us.
- (5) In compliance with the 2G+DISTANCE option, we only currently only offer yoga classes with **greatly reduced class sizes**, which ensures that all rules of the Berlin senate are obeyed, namely that **(a)** practicing spots are at a safe 1.5m minimum distance, and **(b)** there is never more than one person per 5 square meter in the studio.
- (6) Please obey that under the local Berlin SARS-CoV-2-Rules, the legal obligation to wear a medicinal mouth and nose covering face mask also applies inside of yoga schools, however, you do not have to wear a mask, while you are on your yoga mat to practice (also not while you take a shower or sit down in the welcome area to have a tea or a snack).
- (7) **In case of any signs of illness** (esp. symptoms like fever, dry cough, respiratory problems, loss of taste or smell, throat or limb ache) by law you are not allowed to enter our yoga studio. This cannot be circumvented by showing a negative test or proof of vaccination/recovery.
- (8) **Please bring your own yoga mat** and, if necessary, your own *equipment*, because we are currently not able to provide you with rental mats, belts, , bolsters, blankets, nor rental towels. **Participation without a yoga mat is unfortunately not possible.** For emergencies only, we rent washed (at 95°C) and disinfected mats for 3 EUR.
- (9) The spots where you place your mat are marked individually in the yoga room. This way, we ensure that we can fulfill the relevant rules on distancing for your and everyone's safety. Please place the front of your mat within these L-shaped marks, only.
- (10) Please use the disinfectant dispenser at the entrance to disinfect your hands when you arrive at and leave from the studio. Our washrooms are also equipped with disinfectant soap and environmentally friendly single use cloth towels. Please wash your hands warm with soap for at least 20 seconds.
- (11) Unfortunately, it is not possible to store your private yoga mats in our yoga studio. The mats left in our studios in March 2020 therefore had to be put in

storage for hygienic reasons. **Access to the storage is unfortunately not possible immediately before participating in a yoga class, but an extra appointment must be made by e-mailing [info@threeboonsyoga.de](mailto:info@threeboonsyoga.de).**

- (12) Ideally please arrive in yoga clothes already. Our change areas are currently laid out more open for better airflow.
- (13) Our doors close punctually 2 minutes before the yoga class begins. 5 minutes after the start of the class we have a 2<sup>nd</sup> entry round for latecomers.
- (14) All day, we run virus eliminating air cleaners with HEPA 14 filters and UV light, and open the windows fully at times (indicated by CO2 detectors) to ensure proper exchange of air. Please take this into account and that we currently do not rent out yoga blankets when choosing your clothing for the class (e.g. bring a sweater and your own blanket).
- (15) In case we chant at the beginning of a class (limited to 5mins max), our staff will ask you to sit on specially marked dots that ensure the required 3m distance is kept, the windows will be kept fully open and the air cleaners on full power.
- (16) Unfortunately, we will have to do without neck massages and limit assists to verbal ones for the time being, but our teachers will more than compensate for this with individual verbal assists and instructions, especially since the classes will be very individual for the time being due to the small class size.
- (17) We must have your current full address, name and telephone number stored in our course booking system so that we or the health department can contact you in case of a suspected COVID-19 case. Before booking a class, please make sure that your member profile in our MBO or Fitogram booking tool contains the aforementioned data so we do not have to stop you at the checkin to enter this.
- (18) The entire yoga studio is professionally cleaned on a daily basis (incl. Sun- and Holidays). During the class, our staff in addition cleans and disinfects high-touch surfaces such as handles and handrails. The practice spaces are also additionally cleaned with floor washing machines using disinfectant floor cleaner periodically during the day between classes.
- (19) Please observe the general rules of hygiene at all times, such as cough and sneezing etiquette, regular hand washing, contactless greeting/saying good-bye, wear a medicinal mask and keeping the required general minimum distance of 1.5 m.

**KEEP CALM AND GO VEGAN!**