



Just Breathe Yoga Studio

1918 N James Street • Rome, NY 13440

(315)337-4860 • yoga@justbreatheyogastudio.com

Established 2005

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From Nicole Hayman-Sherman ERYT500, President/Owner.

Just Breathe Yoga Studio values the health and safety of its students and staff. To protect all using our facility, we will be enforcing certain policies upon re-opening. Our area is moving closer to a time when the studio can reopen and we have been making every effort to comply with NYS standards for reopening, as we wait for specific industry guidelines. At this time we are unsure of when NYS will allow us to open for in-person group classes, and as we value the integrity of our business and the health and safety of everyone we will not open until we are allowed to do so. Currently, we have been operating virtually/online as these classes were mandated as essential back in April. We have a full selection of interactive classes using Google Meet as well as class videos on our YouTube Channel. When it comes time to be allowed to reopen these offerings will continue as we fully understand that individuals will not be ready to participate with in person classes at that time. We have set up a permanent virtual studio, and we are creating and adjusting our virtual online schedule to accommodate a future in-person schedule as well, that will allow us to maintain the strict cleaning standards we are being asked to adhere to. Here are some notes on what we have been doing, more details will be made available as we get more clarification on when we can open again. We appreciate everyone's support during this time. And we look forward to being able to see everyone in person soon.

- The all hard surfaces of the studio will be wiped clean before and after each class. Appropriate sanitizing of the floors, handrails, knobs, switches, etc. will be done. Bathroom facilities will be cleaned top-to-bottom. Any borrowed props will be sanitized by staff prior to returning to locked storage. Cleaning supplies, hand sanitizer and the like have been placed throughout the building to allow individuals, students, and staff ease of access in maintaining proper cleaning and sanitizing.
- Physical class Schedule will be limited when we can reopen. Additional classes will be available to students remotely via YouTube, Google Meet, etc. This schedule will allow ample time between classes to properly clean/sanitize of building and all surfaces.
- Class sizes will also be limited to the allowed number plus one instructor upstairs. Preregistration may be required for high attendance classes or may be a hybrid of virtual & physical.
- The upstairs studio floor will be marked for proper social distancing placement of mats for class, we wait for further guidance from NYS on this.
- Students will enter the building from the front door, check-in for class in the large common space, and go upstairs for class. Following class students will exit via the fire egress at the bottom of the stairs. This will provide one-way directional flow as required by NYS. Please maintain proper social distancing when entering and exiting the building.



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- Students will be asked to wear masks into, and out of the building as social distancing may be difficult at these times, unless the guidelines on this change.
- As the studio will be marked to accommodate proper social distancing, it is up to the individual student if they prefer to wear it during class or not, bear in mind that deep, yogic breathing with a mask on may be difficult to do.
- Everyone will be asked to please wash their hands or use the hand sanitizer upon entering the building.
- To ensure proper ventilation in the building, windows upstairs will remain open, even if it is necessary due to higher temperatures for the central air conditioning system to be on. Students are asked to dress accordingly as the introduction of fresh, outside air is an important factor at this time.
- At no time should anyone, other than management be adjusting the status of the windows or fans.
- Foyer area WILL be properly cleaned as well and there will be hand sanitizer and wipes available inside the area
- We have eliminated the physical studio office, and that former office area is closed to the public with restricted access to select staff members only. ONLY one member of select staff may be in office at any time.
- Props have been placed in our new locked prop room, accessible only to those few who have a key for control purposes. ALL borrowed props will be removed from the room by those who have access ONLY. No other individuals are allowed to enter the room at any time. Any borrowed prop will be logged by the staff member lending it out and said staff will be responsible for the proper cleaning and sanitation of said prop before it will be placed back in prop room.
- At this time, the sitting area is closed, we will not be providing water for tea or coffee as well.
- Certain areas to the front of the building, which includes the former front office, prop room and new virtual studio are restricted to only those staff members who are authorized to be in those areas. No other individuals, students or staff members are allowed to be in those areas at this time.
- Students are asked to please not linger after classes or congregate in groups anywhere inside or outside of the building. Proper social distancing must be maintained