



Namaste and Welcome to Hazel Lily Yoga

A Holistic, Nurturing Approach to Yoga, Wellbeing, and a Happier You

Qualified Sanatan, Classical Hatha, Jnana & Raja Yoga Teacher | Yoga Alliance Professionals Certified Teacher (400 hours) | Yoga Alliance Professionals Insured

Important information about Hazel Lily Yoga In-Person Yoga Sessions & Covid-19

As of 28 March 2022 all legal requirements (in relation to in-person yoga) have been eased:

Recommendations and actions to best keep our yoga community safe...

- Keep Hazel up to date of any existing or newly developed health issues / concerns
- Agree to the below Hazel Lily Yoga Class Attendee Agreement prior to sessions

For the safety of both student and teacher ...

- **Strongly advisable** to remain at home and not attend the class if experiencing or have experienced in the last 7 days any Covid-19 symptoms
- Bring your own yoga mat, blanket & water bottle
- Book and pay prior to the yoga session
- If you are unable to attend please let Hazel know ASAP
- Advisable to clean your mat before and after class using wipes, or yoga mat spray

And, as always please ...

- Wear comfortable 'weather appropriate' clothing for gentle movement (eg. t-shirt, jogging bottoms + layers to keep warm / cool outdoors) and come sun protected.
- Arrive on your own please. I unfortunately will not be able to teach any other people during the session(s) unless formally agreed.
- Be ready to yoga and arrive on time – 5 minutes before our allocated time is ideal.
- Be kind to your body. Listen to your body and know your limitations.
- If you have any physical or health issues please let me know ASAP
- Enjoy your time with Hazel Lily Yoga ☺

Please note, in relation to any outdoor yoga sessions...

Outdoor yoga sessions may need to be rescheduled due to unsuitable weather conditions, and will be confirmed either way nearer to the scheduled time.

Hazel Lily Yoga Class Attendee Agreement:

I confirm I am 18 or over, and I will take responsibility for my own body in class and if I do have health issues I have consulted with my GP and my GP is happy for me to attend yoga classes. If there is any update to my health I will inform Hazel Lily Yoga ASAP. I am aware of the increased risks of partaking in yoga classes within the current climate, and take personal responsibility to ensure risks are minimised for myself and others by adhering to Welsh Government legislation and outdoor yoga recommendations outlined in Hazel Lily Yoga guidance at all times. I understand Hazel Lily Yoga Classes are non-refundable / transferrable. Transfers may be considered if unable to attend due to developing covid-19 symptoms, or in cases of extreme adverse weather conditions.

Contact Hazel Lily Yoga: website: hazellilyyoga.weebly.com | mobile: 07791 608314 | e: hazellilyyoga@gmail.com

