



# Coconut Elephant Yoga Grand Reopening

## Wednesday, July 1

We are so excited to announce that the Coconut Elephant Yoga studio is reopening! What a strange and challenging time the last months have been. We hope you and yours have stayed safe and healthy. Thanks to all of you who have helped us keep going by attending our online classes. We have missed seeing everyone in person.

As I think about our reopening, I can't help but reflect on why the studio space is so special. The beauty that CEY brings to my life is a sense of community. A true community, based on a shared practice, where we breathe and move and confront the truth of our hearts in one room. I am so thrilled to welcome you back to this physical space to once again experience this intangible thing that has changed my life and the lives of so many others.

### Special Grand Reopening Gifts

To celebrate being back in the studio with you, we have special treats for the first 25 people who attend an in-studio class: a namaste pin and a bottle of citrus-scented essential oil. Those first 25 students will also get a chance to meet Walter Walnut the Elephant and to enter a raffle to win a custom-made eye pillow. We will drink fruit-infused coconut water and eat coconut macaroons together as we rebuild our sense of community.

I know many of you will be excited to come back into the studio, and yet you may also have concerns about health and safety. Let me share with you the ways in which the instructors and I will make our space as welcoming and safe as possible, given the circumstances. Please know that if you are not yet comfortable coming into the studio, we will continue to offer online classes.

For in-studio classes, we will follow the guidelines of Phase 3 as outlined by Governor Northam. Here are the specifics of how we will meet these guidelines in the studio:

### Before Class

Since in-studio classes will be limited to four students in order to comply with social distancing guidelines, registration is required to reserve a spot. If you are unable to attend, please cancel at least four hours before the start of class to avoid being charged.

Please help protect all of us by staying home if you have a fever, a cough or difficulty breathing, or if you know you have been exposed to the COVID virus.

Arrive early so that you have plenty of time to set up while social distancing.

### **Masks**

Masks will be required upon entering the studio, during mat set-up up before class and after class when interacting with others in the studio. You will be given the option to remove your mask during class, since social distancing measures will be in place.

### **Social Distancing**

The studio floor will be marked so that mats can be placed six feet apart. Instructors will maintain a six-foot distance from students at all times. They will be unable to provide positioning assistance for poses.

### **Sanitizing and Props**

Everyone must wash their hands upon arriving at the studio; we will also have hand sanitizer available to use as needed. Our instructors will clean surfaces after all the students have left the studio.

We recommend that you bring your own mats and props with you to the studio. We will have mat spray available for you to use on your personal mat. We will also have eye pillows (lavender or unscented) available for purchase for \$15 (cash or check). This is a wonderful opportunity to treat yourself and make your savasana even more relaxing!

### **Online and Hybrid Classes**

To make sure that everyone can practice yoga in a way that makes them most comfortable, we will continue to offer a few online-only classes during the summer months. All in-studio classes will be a hybrid: offered both online and in person. The camera we use to broadcast hybrid classes is positioned so that students in-studio will not be seen online.

Hybrid classes will be listed twice on our schedule. For instance, Slow Flow Vinyasa will be listed as Slow Flow Vinyasa – Online and Slow Flow Vinyasa – In Studio. Since there are only four spots for each in-studio class, it's important to choose the correct version when you register.

### **Let us know how we're doing!**

Please let me know if there is anything the instructors and I can do to make coming back to the studio more welcoming and comfortable for you. This is a big transition for all of us, and we will all work together to make it as smooth as possible.

We look forward to seeing you soon.

Namaste,  
Mary Beth