

Ajna COVID-19 Procedures

1. All classes will be a hybrid of online /in-person, with 7 in-studio spots available. We anticipate a high demand for in-person classes. You can [sign up online](#) now.
2. All clients who attend a class (online or in-person) will be sent a recording of the class that can be accessed for 5 days.
3. You must sign up and pay ahead of time for any classes. The studio will be open 15 minutes before and after class for clients to enter and exit for classes.
4. Please note that there are two class options for each class -for example 'Backcare online' and 'Backcare in person'. Take care to choose the option you want.
5. All classes that are booked re-occurring must be paid at the time of booking for both in person and online classes.
6. Walk-ins will not be allowed. If you sign up for a class and do not come, you will be charged for the class.
7. All in-person classes will be \$20, including tax (\$20 total).
Online classes will be \$15 plus tax (\$15.75 total).
All clients will receive a recording of the class that they can access for 5 days.
8. The studio will be fully sanitized between classes.
9. Washrooms will be available for use during in-person classes. We ask that each person follows a sanitizing protocol after use. This protocol will be clearly outlined with on a posted sign inside the washroom and products will be provided.
10. There will be no studio props available, aside from chairs. Please [contact Jules](#) if you would like to buy your own props.
11. COVID regulations will be posted in the studio and on our website. Everyone must wear masks when entering and moving around the studio. You may remove your mask when you are on settled your mat for class.
12. Mat spaces will be assigned to you as you enter the studio, with spots closest to the door being occupied last. You will exit the studio in reverse order, with the person closest to the door leaving first.

If you have any symptoms of COVID-19, do not enter.

Symptoms of COVID-19

Symptoms of COVID-19 can vary from person to person. Symptoms may also vary in different age groups. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish

- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Symptoms may take up to 14 days to appear after exposure to COVID-19.

If you are experiencing symptoms, please contact your local health authority (811) and self-isolate.