



Dear Yoga Community,

The Integral Yoga Institute is mindful of concerns over the COVID-19 (coronavirus) and is taking steps to keep the Institute clean and safe:

- All restrooms are cleaned daily and all surfaces are disinfected
- All classrooms are cleaned daily
- Mats and blankets are washed regularly
- Teachers and staff wash their hands as often as possible
- We have hand sanitizer available in multiple places for regular use
- We have removed eye pillows from the rooms as a preventative measure
- We have temporarily suspended the use of hands on adjustments
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For everyone's safety, we ask you to please:

- Wash your hands thoroughly before and after attending class
- Respect those who prefer not to shake hands or embrace
- Bring your own mat, eye pillow, or any other prop
- Wipe your mat before and after using it
- Ideally, cough or sneeze into a disposable tissue, discard and wash hands.
- At minimum, turn away and cover your nose or mouth with your arm.
- Avoid touching your face with unwashed hands
- Stay at home if you are coughing and/or do not feel well
- You may want to refrain from palming the eyes and alternate nostril breathing
- Keep your immune system strong by practicing Yoga and managing stress

Due to the recent health and safety concerns, we have **cancelled the Potluck Meal** on Saturday March 14th, 12:30-2:00pm.

We are still planing to host a wonderful weekend of special events in honor of our [50th Anniversary](#).

Om Shanti,  
Swami Ramananda