

# Returning to Programming with COVID-19

**When you come to a position in which your facility is open to outside programs and ready to provide yoga in-person, we recommend the following guidelines:**

- 1) Regularly update yourself on the latest information and protocols for COVID-19.
- 2) Research the policies of your facility before deciding whether or not to return.
- 3) Plan for social distance in your everyday life as much as possible and routinely wear masks. Specifically, maintain spatial distance and limit the number of people you are interacting with outside of your household.
- 4) Monitor your symptoms before entering the facility, including a temperature check the day before and the day of entering the facility. Wear a mask upon entry to the facility until you reach your mat, and when you leave.
- 5) Mats should be set up to create maximum spatial distance. Be sure you have access to the use of an antiviral cleaner at the end of each class.
- 6) Explore the possibility of teaching outside.
- 7) Find out the policy for hand sanitizer, and if allowed, carry it on you for use.

## **Consider how your facilitation will change in light of the pandemic:**

We know that the true effects of yoga are felt when we facilitate a class in which our participants feel safe. Consider their safety from both a psychological and physical perspective.

- Design your class with high respect for personal space.
  - Be mindful of movements that will put participants in a position where they may accidentally cross paths. (This is protocol regardless, but a reminder to be even more intentional than usual).
- There may be a fear of sweating or breathing in another's direction. Depending on the needs of the group, design class so that participants feel safe to practice without the fear that they could be spreading the virus.
  - While modulation, alternating between restful and active practices, is important, you may want to limit intensive activity.
  - If suggesting breathing practices that require a large exhale, be clear in your cue about which direction they are breathing. Avoid breath practices such as lion's breath.
- Inform participants of the protocol for cleaning mats.
- Remind participants how and why yoga is good for the immune system. (It reduces out stress and levels of inflammation, which helps our bodies better fight disease.)
- This is a good opportunity to create a safe container for participants to open up about how they are feeling and what they currently need from a yoga practice. Consider the following prompts:
  - In light of this recent lockdown, how are you all doing?
  - Is there something you learned from yoga that helped you during this time?
  - What are you hoping to do in practice today that can help you for the rest of your day/ this current situation?

