



NAKARMA STUDIO ETIQUETTE

Thank you for choosing NAKARMA as your studio to support your health and wellness goals. It is our commitment to you that when you enter our studio, you will feel welcomed, embraced, supported, motivated, and challenged.

Please note our studio etiquette to ensure we are all working in a safe and supported environment.

COVID-19

We are taking extra precautions with the intake of each client to do our best to stop the spread of COVID-19. We ask for your support in this matter by ensuring you abide by the following guidelines. You will be asked on arrival for each class to sign a COVID-19 Waiver form declaring that you are free of symptoms. We hope you understand that this process, while tedious, will go a long way to mitigating some of the risks of public gatherings and use of equipment.

Arrival

Please ensure you arrive 10 minutes early for your class. Please enter through BODYWORX front door, 29 Sandy Point Road, Corlette and wait in the reception area to be greeted by your teacher. You will be asked to enter the studio lobby, 5 people at a time. Sanitise your hands on entry to lobby.

Please remove your shoes in the lobby and place your grip socks (compulsory) on before entering the main studio. This will ensure we keep our floors clean and safe for you. Take all belongings including shoes and place designated area in main studio. At end of class wipe down equipment and exit through warehouse door taking your belongings.

Please be considerate of your teacher and fellow Pilates and Yoga enthusiasts by ensuring you are not late.

Equipment

While we would love to provide you with all the tools to do your class COVID-19 has different plans at this time. To mitigate contact risk, you will be required to either bring some of your own equipment or buy the equipment from us on arrival. Things like Pilates Reformers are provided.

Socks

For hygiene and safety requirements grip socks are compulsory for all classes. They are available for purchase at reception \$18 each.

What to bring

Please ensure you bring your own equipment (some items are available for purchase)

YOGA CLASS

- Grip Socks - They are compulsory for all classes
- A large towel
- Water bottle
- Yoga/Pilates mat
- Blanket (we do not sell blankets at this time)
- Yoga Bolster – if you do not have one you can hire one for \$7 per class.
- Yoga Blocks if you have them (we do not sell block at this time)

PILATES | PILATES REFORMER | FUSION Classes

- Grip Socks - They are compulsory for all classes
- A large towel
- Water bottle
- Yoga/Pilates mat

Mobile Phones & Safety

Check that your mobile phone is switched to silent during class as a courtesy to all of your fellow yoga and Pilates enthusiasts.

Thank you for your understanding and helping us all stay safe. We look forward to seeing you!