

Dear FFY community:

I am writing today to inform you of some new policies and procedures we have put in place for the safety of our staff and students. We hope these changes will allow us to keep our doors open during and beyond this turbulent time. It is no secret that the novel coronavirus has continued to spread across the country and small business owners are being called upon to make some very hard decisions. We understand and respect each person's level of comfort within social situations. From the onset of the pandemic we have done what we thought was necessary, but now feel we can do more to continue to remain open, yet safe. Below are some additional precautions we are putting in place as we slowly roll into cold and flu season in the midst of a pandemic. **We would also appreciate your feedback to help us to better serve our beloved community** . Please take a few moments to answer a few questions to help us determine how to best move forward into the unknown territory of Covid this fall.

Effective immediately:

Due to the nature of viruses and how they replicate, we no longer feel like the hot and humid environment of our heated classes is the most safe way to be in contact with one another. All of our studio offerings will now be non-heated until we have determined the direction this pandemic will take.

Our max student count is 12. We have measured out and placed tape for easy mat placement to keep students 6' or more apart in a full class. Our teachers will not be performing any hands on assisting during this time and have been instructed to maintain distancing using verbal cuing to best guide our students.

We are asking all teachers and students to enter and exit the studio with a face mask. With the space between mats marked out we feel that students can choose to take the mask off at the beginning of class once everyone has settled into their space. We will provide masks at the desk, but to offset additional costs, please bring your own as often as possible.

Effective August 15th:

12 hour studio cancellation policy. Each class must have a minimum of 4 students signed up at least 12 hours in advance. If you sign up and do not attend but the class was not canceled, you will not be refunded. If the class is canceled, you will be notified by email 12 hours before the start of class and refunded the amount paid for the class in credit. To best offset class cancellations, please commit and sign up prior to the 12 hours ahead of class. * Please update your email address in Mindbody to ensure notification of cancellations. You may contact me if you are unsure how to do this.

Due to COVID our class numbers are way down. Our teachers are working extra hard to clean the studio after each class and must be compensated appropriately. With our cancellation policy we no longer feel the monthly unlimited yoga option is fair to those participants. We hope this changes soon and we can add that back as an option. **Pricing options as of August 15th are as follows:**

10 pack \$100
5 pack \$65
Drop in \$15

I would also like to remind our students that we have an amazing group of talented yoga teachers who are eager to share their knowledge with you. If group classes are not ideal for

you at this time, we do offer private instruction at the studio or online. Please contact me directly for rates and package options if this interests you.

For massage clients:

What's new? Public health officials are strongly encouraging the use of masks for both the practitioner and the client in these intimate settings. I am adhering to this in order to slow the transmission in our small town. After extensive research and communication with our Public Health Nurses, I feel confident that massage in this setting is safe and all surfaces are cleaned and sanitized between clients. My rates for massage **effective August 15th** are as follows:

60 min: \$90

75 min: \$110

90 min: \$130

Myofascial treatment (45-60 minutes). \$75

Thai Yoga Massage (90 minutes). \$140

Please take a few moments to answer the following survey to help us determine how we can best serve you during this time and how to keep our community thriving during this pandemic.

Much love and gratitude to each of you!

Meghan Gaspers

Owner, Firefly Yoga and Wellness LLC