

A I M TO EMPOWER

COVID 19 Guidelines

If you're sick, STAY HOME. If you are experiencing or have experienced any of the following symptoms in the last 14 days, we ask that you do not participate in the yoga session.

- Fever
- Shortness of breath
- Coughing/Sneezing
- Loss of Smell/Taste
- Nausea/Vomiting
- Diarrhea
- Do not come to yoga to “sweat it out”

If you have tested positive for COVID-19, are awaiting test results, or have been knowingly exposed/come into contact with someone who has tested positive for COVID-19, please do not participate in the yoga session for 14 days or until you have tested negative for COVID-19.

Maintain Social Distance / Minimize Contact. Until the social distance requirements are lifted, we ask that you respect one another, maintain 6 feet of distance between one another, and refrain from person-to-person contact.

The CDC advises that anyone over the age of 65, or with pre-existing conditions, should minimize social contact.

Wear a mask covering your nose and your mouth except when you are on your mat – 6ft away from the next person.

Participants must provide their own yoga mat and water bottle.

Use hand sanitizer to disinfect hands prior to check-in. We encourage everyone to bring a personal hand sanitizer.

** If an individual does not comply with these guidelines please contact Debbie Rill at 717 844 3616.*

A.I.M. to Empower

A.I.M. to Empower's mission is to renew wholeness through movement, presence, and self-study.

www.aimtoempower.org