

## Keeping Our Community Healthy!

Dear Mountain Moon Yoga Community,

There are a lot of questions and unfortunately, a lot of "unknowns" when it comes to the Coronavirus. The health and safety of our students and staff is our number one priority at Mountain Moon Yoga.

What we are doing:

- We are staying up to date with the World Health Organization and the Centers for Disease Control (cdc.gov). We are also staying abreast of any local cases.
- We are increasing our sanitizing efforts of doorknobs, sinks, countertops, and other surfaces.
- We clean the bathrooms regularly with Young Living Thieves cleaner and have Thieves spray in the bathroom to spray the sink and toilets for yourself before/after use.

What you can do:

- Don't come to the studio if you aren't feeling well. The best thing you can do for yourself and others is to stay home and rest.
- Wash your hands with soap for 30 seconds or use 60%+ alcohol-based hand sanitizer. We have hand sanitizer on the front desk for your use.
- Avoid touching your face, eyes, nose, and mouth.
- Bring your own mat.
- Wipe down mats and props with disinfectant products (on the wire shelf) before and after every class.
- Cough or sneeze into a disposable tissue and discard. Use your elbow only if you don't have access to tissues.

And by all means, if you're feeling well, practice. Practicing regularly helps keep the immune system strong. As does regular doses of sunshine, laughter, and community. Keep living consciously!

If you have any questions or concerns, please contact Margaret directly: **info@mtmoonyoga.com**