



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.

When you book and attend class you declare that you:

1. do not have ANY of the following symptoms - Fever, Cough, Sore Throat, Shortness of Breath or have experienced one or several of these symptoms in the previous 14 days.
2. have not travelled or returned from overseas or interstate in the previous 14 days.
3. have not been in direct contact with someone with suspected Coronavirus (COVID-19) or who has returned from International or Interstate travel in the previous 14 days.
4. are free from Symptoms.

ARRIVAL

Please ensure you arrive 10 minutes early for your class. Please enter through BACK IN MOTION 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. Please sanitise your hands, on entry to the lobby.

Please remove your shoes in the lobby and place your grip socks on (compulsory for Pilates Reformer) 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 Pilates Reformer 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

A large towel
Water bottle
Yoga 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

Grip Socks - They are compulsory for all REFORMER classes
A large towel
Water bottle
Pilates mat - for Pilates Mat class only

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!