

MEMBERS' NOTICE



1 November 2020

Dear Members and Guests,

Please be informed that our yoga classes will resume normal with effect from 5 November 2020, please note the following:

- Students are required to wear mask before and after the class, but it is not compulsory to put your mask on during classes;
- Body temperature screening must be adopted before enter into the classroom;
- Alcohol hand sanitizer gel will be provided in the classroom for everyone to use;
- To increase public awareness of personal hygiene, please bring your own yoga mat or yoga mat towel into classroom, or clean public yoga mat before and after use (we will provide disinfected wet tissues);
- If students feel unwell, please stay at home and rest;
- To control the number of people each class, please cancel your booking two days in advance.

We thank you for your understanding.

尊敬的各位會員：

瑜伽實體班將會在11月5日重開啦！請注意以下事項：

- 學生在上課前及下課後都必須配戴口罩，但不會強迫在上課期間配戴口罩；
- 進入課室前必須進行體溫量度；
- 課室設有酒精搓手液以供各人使用；
- 但為了提高大眾對防疫的意識，及堅守衛生的重要性，我們鼓勵大家自備瑜伽墊/瑜伽布墊，或在課堂後清潔用過的瑜伽墊（我們將會提供消毒濕紙巾）。
- 如同學們感到身體不適，請留在家中休息。
- 為了有效地控制人數，有需要請假的同學請提早最少 2 天通知我們。沒有通知而缺課將會被扣一堂。請予以諒解！

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