

Om Namah Sivaya
Dear friends of Yoga

Greetings from the Ashram de Yoga Sivananda. In these uncertain and troubled times, we hope that you are keeping healthy and determined to continue your yoga practice.

With the rapid spreading of the coronavirus, we would like to let you know what preventive steps we are taking to do our best to keep our staff, teachers and students safe:

We ask that you avoid coming to the centre if you have been to any of the affected coronavirus areas, have been in contact with someone who has been to any of the affected areas or are feeling sick, with symptoms of fever, colds or coughs. We count on your understanding with this decision that you do not visit the centre in any of these cases.

We would also like to inform you that the following additional precautions are being put into place:

- Teachers will refrain from teaching Kapalabhati in yoga classes
- Teachers will avoid making physical corrections, emphasizing verbal correction
- Hand sanitizing gel available at the reception and in the public bathrooms
- Daily disinfection of handles, switches and sinks
- use of paper towel only in toilets

We ask that you do your best to maintain your own hygiene standards while at the centre. Here are a few simple tips:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands for 20 seconds with soap and water often – use hand sanitiser gel if soap and water are not available
- avoid close contact with people who are unwell
- avoid physical contact (shaking hands etc)
- bring your own yoga mat, we have stopped renting them for now
- avoid touch your eyes, nose or mouth

We would like to share a few suggestions to keep your immune system strong and your mind calm:

- Practice yoga regularly
- Keep a healthy and moderate diet
- Practice 10 rounds of Anuloma Viloma and 3 rounds of Kapalabhati (at home) daily
- Practice neti (nose cleansing with warm salty water, please ask us for advice if you are not familiar with this kriya practice)
- Meditate daily
- Stay calm and positive

Finally, for those of you who prefer to postpone their stay at the Ashram and stay at home, you can use the time to intensify your yoga practice! We will be starting to give online classes shortly: asana classes, meditation and positive thinking courses, cooking classes and satsangs. We are considering

running full day programmes / retreats on line as well. We will making further announcements about this soon.

We look forward to seeing you soon at the Ashram or online and send our best wishes for health and peace.

Om Shanti
The Ashram de Yoga Sivananda