

Heathen Hill Yoga

SAFE and SOUND at HEATHEN HILL

Participation will be limited to 12 students. Everyone will have their own room . (If you are a couple and have been quarantining together, or comfortable staying with a friend, you are welcome to share a room.) There are six rooms in Big Heathen House (two have a private bath). There are four rooms in Yoga House. There are two rooms in the Plum House.

Pictures of the rooms in Big Heathen and Yoga House are available on the site www.heathenhillyoga.net

Rooms and baths are left untouched for three days before we clean them and you arrive.

VP Lisa King has made hand sanitizer that will be available everywhere.

Practice space: there will be a 20X40 tent with window walls in the side yard next to Yoga House. This will provide 65 square feet of space per person for practice. There are space heaters as needed.

Students **MUST BRING** their own blankets or bolsters. Heathen Hill mats are available as they can be disinfected after each practice. Students can bring their own blocks and straps or use those available at Heathen Hill.

Each student will be given a large plastic bag in which to store their mats, blankets, etc. in the tent for the weekend.

We have extra tables for outdoor meals to provide distancing. If weather permits we will have both lunch and dinner outside. If it is rainy or cold, meals will be served in the tent.