

We are COVID-19 ready.

Making your safety and well-being our priority



HEALTH & TRAVEL DECLARATIONS

NO ENTRY to anyone with temperatures of >37.5 , flu-like and/or respiratory symptoms. **NO ENTRY** to anyone who has travelled ANYWHERE in the past 14 days. Same applies for our staff too!



SANITISE, DEEP CLEAN & VENTILATE

ALL DAY EVERY DAY. We clean and sanitise EVERYTHING. Before and after class with high-grade industrial cleaning agents.



MORE PERSONAL SPACE

Further reduced class capacities = MORE SPACE FOR YOU! Practice space of >1 metre away from the next person and our teachers will also keep our distance. Additional lounge area to be opened!



NO PHYSICAL ASSISTS

No assists unless needed. If so, teachers will approach with CLEAN HANDS.



'LIVE' ONLINE CLASSES

We're going to be live-streaming some of our teachers leading class so you can practice at home! Keep a lookout!

What can you do?

Together, we can #keepcalmandcarryon



STAY HOME IF UNWELL

If you're unwell or have travelled recently, please stay home! For sisters who have been issued a QO, SHN or LOA, please adhere to guidelines and only return when it is safe to do so. Join us for our 'live' online classes!



SIGN UP FOR CLASS

So that we may reach you! Classes with no bookings 2 hours before start times will be **cancelled** - check MINDBODY before making your way! As before, early morning classes from 7am to 8:30am will be cancelled if there are no bookings by 10pm the night before.



CLEAN HANDS

Wash your hands upon entering and exiting the studio. Keep your hands away from face and disinfect where necessary.



BRING YOUR OWN

Bring a yoga mat towel! Prefer to use your own mat and props? Free storage for all TLY sisters; just remember to sanitise them before keeping it away.



STAY CONNECTED

Follow us on Instagram and FB for the latest news. Sign up for our newsletter for monthly updates!