

## Our Commitment to Hygiene and Your Health & Wellbeing

### Continue Your Practice & Be Alert, Not Alarmed

Dear Client

The COVID-19 situation sees us in unprecedented times – it's totally natural to feel anxiety. Firstly, I want give you comfort in knowing we have put every recommended process in place to ensure the studio is hygienic. You can read about these processes on our reception notice board and on our website ([www.benedandfly.com.au/hygiene](http://www.benedandfly.com.au/hygiene) )

I also want to impress upon you the importance of continuing exercise and a mindfulness practice. Continuing to move your body can help to keep your immune system strong, manage stress and anxiety, and keeps you feeling good overall.

Our desire is to continue running the studio as normal – on the recommendations of the authorities. As a yoga studio and place of health and wellness, we wish to be positive environment & a sanctuary from the hysteria.

We encourage you all to continue to stay informed and educated about this situation. Please also keep in mind that accessing information from multiple sources can help form a balanced view of what is going on. We also ask to take responsibility for your own hygiene and well-being.

Lastly, I would like to thank each and every one of you for your continued support. Your attendance supports our staff's employment which helps the whole community. And don't forget to lean on our community - the support and connection will be what keeps us positive throughout this period.

With love & light,

**Dan Ross**



**Owner of Bend + Fly**