



www.bloommetta.com  
bloommettayoga@gmail.com

**• IN-STUDIO DETAILS •**

- Our response to COVID-19 and slowly reopening our studio space**
1. as per regulations from the Grey-Bruce Health unit, until at least Aug 14 masks are suggested in all indoor public space/ common areas, However, masks are NOT required to be worn during Yoga classes.
  2. Metta has always prided itself on the highest standards of cleanliness, but we are taking extra precaution with additional cleaning/sanitizing especially with high traffic areas
  3. in the studio space you will find specified markings for mats to maintain required distance. Indoor classes will be capped at 11 students. Pre-registration (website -> live schedule) is suggested but not essential  
Please be mindful and cancel your registration if you are no longer attending so we are aware of how many drop ins we can take.
  4. props will be available for use. Mats are available at a rental fee of \$1. Each mat space will be supplied with it's own sanitizing supplies for balls/blocks. Blankets are washed after every use. Towels will be used to cover bolsters.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00- 8:00am Virtual Live Prenatal Series 4 wks Aug 10 - 31 with Melissa	7:30-8:30am Pioneer Park Yoga (Southampton) with Chelsea	white circle means we've made a slight adjustment to time or location from previous	7:30-8:30am Southampton Beach Yoga (Flagpole) with Chelsea	purple square indicates offsite/ outdoor classes! check the back of the schedule for specific locations/details		8:30-9:30am South Stables Coffee House with Flo + Todd \$10 karma class
yellow square indicates live virtual classes through Instagram + Facebook! pre-registration is required for these				9:30-10:30am Port Elgin Beach Yoga (Lookout Point) with Melissa	9:30-10:30am Southampton Beach Yoga (Flagpole) with Flo + Todd	
9:15 - 10:15am Balanced Bliss with Chelsea *starts Jul 27*		9:30-10:30am Fairy Lake Bandshell with Melissa		9:15 - 10:15am Yin/Yang with Chelsea *starts Jul 31*		10:00-11:00am Pioneer Park Yoga (Southampton) with Chelsea
6:00-7:00pm Nodwell Park Yoga with Chelsea	5:30 - 6:30pm Slow Flow to Still with Chels/ Catie	5:30 - 6:30pm Hot Power Flow with Catie	7:15- 8:15pm Pioneer Park Yoga (Southampton) with Meagan	5:30 - 6:30pm Hot Happy Hour with Catie/Chels \$8 karma class	<b>schedule runs July 20 - Sep 7</b> <b>no evening classes on Aug 3 + Sept 7</b>	
8:00 - 9:00pm Yin Yoga with Chantelle	7:15-8:15pm Southampton Beach Yoga (Flagpole) with Chelsea	7:15-8:15pm Port Elgin Beach Yoga (Lookout Point) with Catie	8:00 - 9:00pm Restore + Renew with Chels/ Catie			

**Special Events**

- details + registration on our website
- Fri Aug 7 • Couples Thai Massage in Pioneer Park 6:30pm • \$65/cpl
  - Sat Aug 22 • Full Day Retreat on Location in Southampton 9am-9pm • \$230+bst

**• OFF-SITE DETAILS\***

- \* Look for our sign at the specified location (actual addresses listed on the back)
- \* Please practice physical distancing as best as possible and abide by mat markers
- \* All classes are strictly weather dependant i.e.rain, wind, lightning, temperature etc.
- \* Check your email \*If you have registered ahead with us\* 1 hour before class to ensure class is running. If there is no email stating otherwise, class is ON
- \* Pre-registration (website -> live schedule or **TEXT** 519-386-0223) is helpful but not essential. Without registration we have no way of contacting you for changes/cancellations
- \* BYOM or towel. We will have a few towels/props on hand that will be washed/sanitized after every use



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