

# WHAT YOU NEED TO KNOW ABOUT MYC RE-OPENING

**We will be slowly re-opening The Centre from Monday 11th October. This gentle re-opening will happen over the coming weeks in two stages:**

**Monday 11th October:** Open to The MYC Collective members & Therapy & Private class bookings.

**Friday 22nd October:** Opening Weekend for Classes

**Bookings will be essential for all classes at The Centre.** You will need to book via Punchpass.

We must comply with certain NSW Health conditions, you can find out more about what that means for you below.

**If you are unsure or hesitant about attending class please consider staying with our online classes for now.** We have made these classes affordable and accessible for all.

If you have any questions or concerns, please don't hesitate to get in touch to discuss.

We look forward to being back in The Centre together soon.

## **Vaccinations.**

This is required by NSW Health.

All teachers, staff and students have to be fully vaccinated.

**Students will be required to show proof of vaccination.** You can do this either upon your first class or alternatively email this information through to us. This will be added to your health status in your secure Punchpass account that you can also access.

## **COVID Safety plan.**

We have completed a new Covid safety plan, as required by NSW Health. To deliver this plan we will be:

- Maintaining a 1 person per 4 metre sq rule.
- We will be keeping class sizes to a maximum 16-18 students to ensure this distancing directive is met.
- We will keep windows open with fans running for good air circulation. Many of you know that we have a large well-ventilated space.
- Timetabling of classes will allow for a longer crossover time.

To help us with our Covid Safe Plan, we ask that you:

- Check in with the QR code before entering The Centre
- Please do not come to class if you are unwell
- Be mindful of maintaining social distancing
- Wash or sanitise your hands

# BOOKING YOUR PLACE IN A CLASS

**Bookings will be essential for all classes at The Centre.**

General classes are capped at 18 students to comply with social distancing requirements from NSW Health.

For Yoga Therapy & Privates, please send us an email to [info@marrickvilleyoga.com.au](mailto:info@marrickvilleyoga.com.au) to book your place.

**To book your place in a General class, follow these steps:**

- Go to [marrickvilleyoga.punchpass.com](http://marrickvilleyoga.punchpass.com) & log in with your punchpass account.
- Scroll through the Schedule & select the class you want to attend.
- Click on the green button that says 'Reserve My Spot in Class!'

## CLASS PASSES

All 10 & 5 class cards will be extended when classes start up again.

Class cards will be extended by the amount of time will be extended by the amount of time you had left on your card.

If your pass has expired during the lockdown, your pass will be ready to use from Friday the 22nd of October, and will also be extended.

# THE MYC COLLECTIVE

**For a membership of \$35 AUD / Week, members have access to:**

- MYC Online membership with unlimited online classes
- Keys to The Centre
- Use of Space for Open Practices
- Personalised Programs created by Simon & Hasu

## **What is the MYC Collective?**

The MYC Collective Membership gives students keys to the centre for access to the studio for Open Practice.

You can access the clean, airy Centre and use the equipment of The Centre in your own time to do your own practice. (The Ropes! The Horse! The Backbenders!)

Simon & Hasu will assist you in getting up & running with your practice. They can provide you with a program you can follow. We also have printed programs and sequences available for you to try.

Many of you have continued with your practices online. Now you can use the space to do so, benefitting from both the equipment and practicing alongside like minded, considered practitioners

**If you are a current MYC Online member & would like to upgrade to the collective, please send us an email & we can arrange it for you.**