

# Safety Guidelines for Our Yoga Retreat

Dear Participants,

We are excited to welcome you to our upcoming yoga retreat! To ensure a safe and enjoyable experience for everyone, please take note of the following safety guidelines:

## Health Precautions

- Please stay home if you are feeling unwell or exhibiting any symptoms of illness.
- Regular hand sanitizing stations will be available throughout the retreat area.
- We encourage the use of masks in indoor settings.

## Physical Safety

- Always listen to your body and avoid pushing your limits during yoga sessions.
- Ensure your yoga mat is on a flat, even surface to prevent injuries.
- Stay hydrated and inform the instructor if you feel dizzy or uncomfortable.

## Emergency Procedures

- Familiarize yourself with the location of first aid kits and emergency exits.
- In case of an emergency, contact the on-site coordinator immediately.
- Participate in the emergency briefing session scheduled on the first day.

Thank you for your understanding and cooperation. We look forward to a rejuvenating and safe retreat together!

Warm regards,

The Retreat Organizing Team