

REMAINING HEALTHY & POISED IN OUR LIVES & @ Shakti

Dear Friends & Patrons:

In response to the first case of COVID-19 being reported on Staten Island (this was a man who brought himself in for testing as his girlfriend had recently returned from a trip to Italy – after being diagnosed with CV-19, he was sent home to self-quarantine as he was deemed an otherwise healthy individual) we at Shakti want you to know what we are doing and what we also advise our dear Patrons to do to keep ourselves healthy and poised throughout this “high health alert” situation:

Like you, we are:

- Vigilant about monitoring our general health (temperature, aches & pains beyond those we recognize as “normal”), coughing or sneezing into (ideally) tissues or (if caught off guard) our inner elbows;
- Washing and / or sanitizing our hands frequently while building the habit of keeping our hands away from our face (nose, eyes and mouth);
- Avoiding hand-shaking and adopt the “Namaste (prayer pose) Greeting”;
- Self-quarantining if we suspect we have been exposed to COVID-19 and getting tested to be sure one way or the other;
- Wiping down the sign-in desk, cardholder, pens, doorknobs and light switches with sanitizing wipes;
- Providing hand sanitizer at the sign-in desk and in the practice room for all to use;
- Requesting teachers request permission at the beginning of each class before providing any hands-on assistance;

As additional safeguards, we also strongly advise our patrons to do the following:

- Use a Shakti-provided sanitizing wipe to clean your yoga mat before and after each practice;
- Bring a clean hand towel to your practice at Shakti for use during face down poses – we are regularly steam cleaning Shakti’s floor but, understandably, can offer no guarantees that it is sterile;
- Consider bringing your own yoga blanket and belt (we wash them regularly but, understandably, cannot guarantee they are sterile) – these can be purchased on the Internet for quick delivery;
- Use a Shakti-provided sanitizing wipe to wipe down blocks before you use them and before returning them to storage;
- Take any other common-sense measures not listed here – (but do share them with us as we are always learning!).

Lastly, as yoginis and yogis, we highly recommend using a Neti Pot at least once daily (and better yet twice daily) to cleanse the mucous membrane of the nasal passages and sinuses where viruses can lodge. Neti Pots can be purchased on the Internet for quick delivery, local health food stores and even drug stores also carry them. It is very important to use sterile water – water from the tap can be used if first boiled and then cooled to warm. Also use non-iodized sea salt. Directions will come with the Neti Pot.

Our heartfelt intention is that we all get through this “high health alert” time with our full health intact and with the poise and self-confidence that our regular practice provides – and that the only thing we pass on to others is our health and inner self-assurance that all is well!

Sincerely ~Pam Flynn Kimelman & Your Shakti Teachers