



UPDATED COVID-19 Guidelines for Spiraldance Breathwork In-Person 1-1 Sessions & Programs:

- Completion of Pre-Screening Questionnaire and Liability Waiver required.
- If you or anyone in your household has had fever, upper respiratory or digestive illness symptoms in the past 14 days, we can reschedule your session to a virtual appointment.
- If you believe you've come in contact with anyone with Covid-19, please understand that we can reschedule your session to a virtual appointment.
- For anyone travelling to or from outside the state of Maine (other than to/from non-quarantine state- New Hampshire & Vermont) you must further adhere to the guidelines set forth by the Governor of the State of Maine in order to participate- <https://www.maine.gov/covid19/>.
- Mask will be required at check-in and during the entire first part of your session (intuitive coaching portion).
- In-person session locations have increased ventilation and open windows/fans- please dress accordingly for lower temperatures.
- To ensure proper cleaning, only 1 client will be scheduled per day.
- Physical distance will be kept throughout your appointment except, with permission, during hands-on assists at your feet only.
- There will be increased cleaning and sanitation procedures in place.
- Please follow arrival information for each location.
- Please take your temperature on the morning of your appointment. If it is at all elevated, we are happy to reschedule your session to a virtual appointment.
- Please use available hand sanitizer upon arrival.
- Reminder if you or anyone else in your household are feeling unwell at all or suspect you/they may have come in contact with anyone with Covid 19, we can reschedule your appointment to a virtual appointment.
- If cancellation of an appointment or program is needed due to Covid-19 illness or inability to adhere to these guidelines, you will receive full refund/credit toward next session/event.
- Feel free to reach out to Tania with any questions at (207) 272-2847 (cell) or spiraldancebreathwork@gmail.com.