

APOLLO POWER YOGA'S RESPONSE TO COVID-19

As you will be aware, the Government has introduced a traffic light system to determine whether businesses may open at various alert levels with respect to COVID-19 in the community.

The way for a yoga studio to be open at all times under the traffic light system is to restrict access to the studio to those who are fully vaccinated. It is not a choice between being open for the vaccinated only or being open for everyone. It is a choice between being open for the vaccinated only or not being open at all.

As of 29 November 2021 Apollo Power Yoga's studios will be open to those who are fully vaccinated. If you do not have a vaccine certificate for both shots or you prefer not to be vaccinated, please use our live-stream and online services to continue your practice.

In the meantime, and with COVID now present in the community in Christchurch, we encourage you to wear masks at all times save when showering in the studios, including when practicing. Margo and Hamish have taught all their classes while masked since the return from the latest lockdown. Margo has worn a mask in all her practices. The paper disposable masks are easy to breathe through and do not restrict your practice.

We understand that this step will disappoint some of you. That is regrettable. However, the Government's stance means the only viable way forward for Apollo Power Yoga is to require everyone attending our studios in any capacity to be vaccinated.

Apollo Power Yoga has supported public health measures throughout the time that COVID-19 has been a factor in all our lives throughout 2020 and 2021. We have closed during lockdowns but have adapted to provide you with classes by live stream. We have been stringent in our cleaning methods to ensure a hygienic environment for you to practice in. We have supported social distancing and have restricted numbers in our classes to make that happen. We have encouraged hand washing and hand sanitising. We have given incentives in the form of month passes and Endermologie treatments to those who have been assiduous in scanning QR codes and to front-line workers when they were the first to be vaccinated.

We support vaccination as a means by which each of us can attend to our own health, can contribute to the overall health of the community at large and can, as best as possible, save the public health system from the burden of treating people unwell with COVID-19. We perceive that New Zealand is entering a new stage in response to COVID-19. We have had the frustration of being locked down. We have had the drop in business activity and the economic impact of COVID-19. We perceive that the next 18 – 24 months will be a period of health impacts from COVID-19. These effects have seen hospitals overseas overwhelmed and the data confirms that the vast majority of those hospitalised from COVID-19 and experiencing the on-going effects of "long COVID" are those who have not, for whatever reason, been vaccinated.

For more information about the COVID traffic light system visit: <https://covid19.govt.nz/alert-levels-and-updates/covid-19-protection/>

We thank you for your understanding with respect to the step we are taking. It is not meant to be a political statement nor is it meant to be a judgment on you and the choices you make for yourself. It is a pragmatic decision driven by national policy and a perception of what is the greatest good for the greatest number. Best wishes and good health to you all.