



Covid-19 Update Notice

WEEKLY CLASSES

Weekly classes at 11 Herbert Place have been temporarily replaced by weekly lesson recordings until further notice. Lesson audio files (to download and keep) will be emailed each Thursday morning to course participants, until the end of the current 6 week course (2nd April).

The recorded lessons are also available as a regular 'drop-in' class, or as a **3 week course** up until 2nd April.

Full information and booking at <https://www.feldenkraisdublin.ie/classes/>

Please take good care in the meantime, and enjoy the benefits of a relaxing lesson from your own home!

INDIVIDUAL LESSONS (16th March update)

Individual lessons are now cancelled until further notice, in the best interests of keeping everyone safe.

If you have booked an appointment, I will be in touch to re-schedule once social distancing restrictions have been lifted.

We are adhering to all hygiene protocols as advised by the HSE and Department of Health:

- **Maximum 2 people in Reception/waiting area.**
- **Reception area, door knobs, bathrooms etc cleaned with antibacterial wipes regularly throughout day.**
- **Provision of single use disposable towels for each client, tissues and hand sanitisers.**
- **Feldenkrais table, mats & accessory equipment sprayed down and cleaned with disinfectant before and after each client.**
- **Use of face mask, thorough washing & sanitizing of hands before and after each client.**
- **Reception area, door knobs, bathrooms etc cleaned with antibacterial wipes regularly throughout day.**
- **No practitioners at Herbert Place have been in direct or indirect contact with someone who has tested positive for Covid-19. Should this situation change, we will inform you immediately.**

If you are unsure whether to attend an appointment, please see **HSE Guidelines** below, or call your GP for advice:

Please cancel your appointment IF you meet any of the following criteria:

HSE Guideline criteria - Risk Assessment for private healthcare appointments (in non-hospital setting):

- Have you been in an area with presumed community transmission of COVID-19?
 - Have you been in contact with a case of COVID-19 (more than 15 mins face to face contact / less than 2 m distance)?
 - Have you attended a healthcare facility abroad where patients with COVID-19 were being treated?
 - Are you experiencing acute mild respiratory infection, including at least one of the following: fever, shortness of breath or cough, or fever of unknown cause with no other symptoms?
- Clinical judgement should be employed when assessing these criteria (Please call your GP).