



To our YDL Community,

With the rising concern for the spread of COVID-19 globally, we wanted to check in and make sure you and your loved ones are finding ways to create your own peace. We would like you to know the steps that Yoga Design Lab is taking to help our team and community stay safe and healthy.

△ Our whole team is already working digitally across the globe, so business and emails will continue as usual, health permitting. Thank you in advance for your patience with any inquiries you may have or delays in shipping. We would not be here without you!

△ According to the World Health Organization, it is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. If you think a surface may be infected, clean it with a simple disinfectant to kill the virus and protect yourself and others. Wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand rub of at least 60% alcohol. Also, avoid touching your eyes, mouth, or nose.

For ongoing information, please see:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

△ Please follow the recommendations below for practicing yoga safely during this time:

1. You should not share your yoga mat with anyone.
2. We recommend that anyone who has tested positive for coronavirus let their studio know if they have attended class in the prior 14 days so the studio may take appropriate measures to disinfect the studio.
3. Clean mats with disinfectants recommended by your countries' health authorities that are found to be effective against coronavirus. Unfortunately, some of these cleaners (especially anything with an alcohol base) may cause rubber yoga mats to degrade prematurely.
4. Be sure to wash your hands, face and any part of your body and clothing that has touched the mat thoroughly after every use and practice.
5. Our Combo Mats and Towels are Machine Washable and all other mats and props can be wiped down with 70% alcohol wipes.

6. To address any concerns for new mat purchases coming from our factories:
 - a. Wash Combo Mat or Towel immediately before use in a gentle hot washing machine cycle.
 - b. Wipe down Infinity & Cork Mats with at least 70% alcohol wipes before first use and after every practice, this will kill most germs. Although cork is naturally antimicrobial, please still wipe down your cork mats.
<https://www.quora.com/Why-and-how-does-alcohol-kill-bacteria>

△ It is important now that we continue to support small businesses as much as possible. Please check in with your local studio to see how you can continue to support them and your teachers through this time.

△ Keep washing those hands & practicing from home. We will be hosting free online yoga classes over the next few weeks from teachers around the world. Stay tuned!

△ Here are some things to help you feel more in control during uncertainty:

- Slow down and be present.
- Keep your home environment positive with uplifting music, family yoga practice and maybe read that book you've had on your list.
- Design a peaceful work environment.
- Boost your immune system and drink lots of water.
- Create your own beautiful meditative space, find an online yoga event or class, keep practicing and breathe.

△ **Teachers:** If you are a teacher and would like to offer a free yoga class, we will be hosting multiple different classes on our social media channels and website for our LIVE. BEAUTIFUL. Community.

Please email media@yogadesignlab.com with any type of class you would like to share with us! We ALL could use a lot more yoga and peace of mind to help remain empathetic towards the world as a whole. The collective is greater than the individual, share what you can and be there for each other.

Stay positive, spread peace and continue to LIVE. BEAUTIFUL. in all your unique ways!

Namaste, The YDL Team