



DES MOINES CORPORATE *GAMES*

YOGA

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

COVID-19 Guidelines – These guidelines supersede any conflicting rules listed above

If necessary, COVID-19 guidelines will be added to these rules to comply with current local, state, and CDC recommendations.

DMCG Point System

- Participants will be awarded **25** participation points. No medals will be awarded.