

COVID-19 Special Instructions

Hello,

If you are about to begin a course, these are the current regulations in compliance with government prescribed Covid-19 social distancing and preventive measures.

The risks currently associated with Covid-19 require us to take specific measures to guarantee the health and peace of mind of everyone. Even if these measures seem excessive to you, we all react differently under the circumstances and it is important that everyone feels safe. After all, as an establishment open to the public, we have the responsibility to follow the authorities' statutory recommendations.

In practice:

-We are now obliged to require a valid 'Sanitary Pass' from everyone who comes to sit or serve. This must be up-to-date and presented on arrival at the course venue. Please see the [information on the 'Health Pass'](#) (government website).

Please arrive with your up-to-date documents (i.e. a valid QR code) between 14:30 and 17:00 on the day the course starts (day 0).

Attention, the requested period of 72h for a valid test is strict at the arrival time on site (no flexibility within a few hours).

- Wearing a mask is still compulsory inside.

From the moment you arrive until your departure, the mask is to be worn in confined spaces (meditation hall, dining room).

- At mealtimes, you are served by a volunteer (you cannot serve yourself). NB. This may vary from a place to another.

Please bring:

- surgical masks in sufficient quantity for the duration of the course (about thirty masks for a 10-day course)

NB. Masks are provided for servers.

- a water bottle + a thermos

- a pen to enroll yourself upon arrival

Thank you for your understanding and cooperation.

Best regards,

Center Management