

# 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:**

**- Wearing a mask is compulsory within establishments open to the public.**

**From the moment you arrive until your departure, the mask is to be worn in confined spaces you move about in, as well as during the meditation sessions.**

- All students have individual accommodations (rooms or partitioned spaces).

- At mealtimes, you are served by a volunteer wearing a mask and gloves (you cannot serve yourself).

## **Please bring:**

**- masks (reusable or disposable) in sufficient quantity for the duration of the course. If you bring disposable masks, we recommend about thirty masks for a 10-day course. NB. Masks are provided for servers.**

- a meditation shawl

- a water bottle + a thermos

- a pen to enroll yourself upon arrival

Thank you for your understanding and cooperation.

Best regards,

Center Management