



Pre-Retreat Information: Covid-19 Protocols

Coming on retreat is going to feel very different with distancing and increased hygiene measures in place. Some of the things you may be used to if you have been to Dhanakosa before are not going to be possible. Please take time to read through these notes and consider whether you are still happy to come on retreat under these conditions.

General

There will be times during the retreat where we will ask you to wear a face covering, so please bring enough with you for the week.

You will need to sanitise your hands on arrival and wear a face covering for the reception process. We will require you to take a lateral flow test on arrival, giving a result in 10-30 minutes, during this time you can go to your room or outside but not join communal areas.

Throughout the retreat you will need to regularly wash your hands and avoid touching your face. Physical distancing is required at all times, usually 2m, with 1m+ in the dining room area.

Everyone will have a single bedroom, half the bedrooms are en-suite. If you have an ensuite bathroom, please only use that. The communal bathrooms are only for use by people without en-suites.

We are limiting access to the kitchen and there will be no access to the food store.

Meals

Each meal will be plated by a server, wearing a face covering. If you want seconds then you can serve yourself with a clean set of cutlery.

Breakfast: the porridge and toast will be made and served by a server with a face covering. We are providing individual portions of margarine, jam and marmalade only so the normal range of spreads is reduced. If you want to bring your own spread please keep it in your room in between meals.

Seating: there will be 10 places in the dining room and 2 places on the sofas in the lounge area. You can also eat outside.

Snacks

You will not be able to help yourself to food from the kitchen in between meals. There will be fruit and individual portions of oatcakes (regular and gluten-free) on the tea bar. If you need anything else please bring it with you and keep it in your room.

If you have a special diet for medical reasons please get in touch to discuss your needs.

Drinks

The tea bar area will not be in use. Instead we are providing mini-kettles, black tea, instant coffee, rooibos tea, sugar and individual servings of soy milk in each room.

Please bring with you a mug (we recommend a travel mug with a lid), a water bottle and your choice of any extra tea/coffee (and cafetiere/coffee press if required).

Cold water can be got from taps in ensuite bathrooms or from the kitchen – wash your hands before and after entering the kitchen.

Rota tasks

There will be a rota with many of the usual tasks to help run the retreat smoothly. There will be additional hygiene requirements for all tasks. For breakfast preparation you will need to undertake a brief training and wear a face covering while preparing and serving porridge or toast. Clearing up after meals will not involve accessing the fridges. We are no longer asking retreatants for help with chopping vegetables for lunch and dinner. The cleaning role will include wiping down hand contact surfaces daily using a virucidal cleaner.

Shrine room

The shrine room will be laid out with 12 marked spaces for meditation mats. You will use the same mat, cushion, blankets etc throughout the retreat. Bodywork or movement will take place in smaller groups.

Social time!

Connecting with others on retreat is a highlight of the retreat for many. This will still be able to happen! You will however need to maintain physical distancing whilst in the retreat centre and when outside.

If someone develops Covid-19 symptoms on retreat:

- They need to tell the team immediately, self-isolate in their room and return home as soon as possible, minimising contact on the way. They need to take a Covid-19 test as soon as possible and let Dhanakosa know the result.
- We will follow Test and Protect procedures as necessary, which may involve sharing your details with NHS Inform.

What to bring with you:

- Travel mug, water bottle
- Your choice of extra tea/coffee, snacks
- Hot water bottle
- Face coverings (7 disposable or 2 washable) and plastic/ziplock storage bag

We ask that if you feel you will not be able to keep to the distancing and hygiene requirements that you do not come on retreat – we need to try to maintain a safe environment for everyone here at Dhanakosa.

**And any questions in advance of your arrival please get in touch – info@dhanakosa.com
We look forward to seeing you soon.**