



As lockdown measures continue to be eased and infection rates in Scotland remain low we have been able to re-open solitary retreat facilities. The Scottish government have now also published a provisional schedule and guidance sufficient for us to plan for the resuming of retreat activities in the centre, at least in a limited way. We will start our public programme on the 4<sup>th</sup> of September and we are working with our teaching team to confirm retreats for the rest of the year. Many of these retreats are confirmed as going ahead, please check our website for the latest on each retreat and do be aware that last minute changes are possible.

Obviously COVID-19 is still very much with us and these retreats are not back to business as usual. Coming on retreat will feel different under these conditions. We are taking a fourfold approach to reduce the risk of infection, but I must emphasise that we cannot guarantee no risk. In August we will run two pilot retreats, which will help us to understand more about how we can safely run retreats in these conditions. Our approach is:

- Advice before people come on retreat
- Reduced contact between the retreat group and resident community and any other visitors
- Physical distancing required during all aspects of the retreat
- Enhanced hygiene and cleaning within the retreat centre

We are therefore currently limiting retreat numbers to 10 retreatants and two team members. This will enable distancing to be maintained throughout the retreat centre, including in the shrine room and dining room and means everyone will have their own room. Some rooms are en-suite and the number of people using shared bathrooms will be limited, and enhanced cleaning will take place. Over the coming weeks we will publish on our website more detail of our hygiene and infection control measures so people can understand what to expect on retreat. It remains the case that people who are vulnerable or higher risk, or who live with or care for people who are more vulnerable should not come on retreat.

We are aware that local lockdowns, requirements to self-isolate and illness may continue to affect people's ability to get on retreat so our existing COVID-19 cancellations policy will remain in place. We are also aware that it is possible that distancing requirements will be eased and we will over time be able to take larger numbers on retreat again, although we will only do this where we are confident that we can do so safely within the relevant guidance. So please do put your name on the waiting list if the retreat you are interested in is currently listed as full.

Running retreats with 10 retreatants is still a loss-making activity for Dhanakosa. Despite this we will continue the Dana Economy and offer retreats on a donations basis as we are aware many people have been adversely financially affected by the current situation. However, if you are coming on retreat and are able to give more than our suggested donations or would like to support us with a one-off or ongoing donation please do so. We estimate that by the end of the year we will have spent about £85,000 of our reserves on getting through COVID-19, which was money we were planning to spend on building more single rooms and a larger shrine room. To donate please visit: [www.dhanakosa.com/donations](http://www.dhanakosa.com/donations)

As lockdown measures are easing, we all have a responsibility to ensure the spread of the virus is prevented as much as possible. Only with collective care and vigilance can the easing of measures be sustained. Whilst we look forward to running retreats again it is important that we are all responsible and that Dhanakosa continues to play its part in that effort.

We look forward to being able to welcome you on retreat again soon.

Best wishes

A handwritten signature in black ink, appearing to read 'Nayaka', written in a cursive style.

Nayaka  
Centre Director