



As the conditions of lockdown are gradually being eased across the UK people are starting to ask when we will be opening retreats again. Before I start to talk about this, I just want to acknowledge that the easing of restrictions is for many people a difficult time of increased anxiety. Whilst for others, they are of course keen to get back to some sort of normality. For our part we believe it is important that we proceed cautiously, with a clear view of what can realistically be achieved at our centre, and with a good understanding of the available guidance.

The Scottish government have laid out a phased plan for easing of lockdown, and yesterday moved us to phase 1. Under this plan we anticipate being able to resume solitary retreats once travel restrictions allow it. Travel restrictions remain in place during phase 1 and 2, so it is likely to be the start of phase 3 before we can re-open our solitaries. Resuming activities in the retreat centre requires more careful consideration because of the requirement of social distancing and infection control. At the moment we anticipate being able to do this in a limited way, and with a limited number of people on retreat, at some point in phase 3. But, we will wait until there is a clear co-incidence between what can be achieved and the available guidance. If this means waiting until phase 4 we will do so.

Scotland will transition between phases dependent on how well the virus is being suppressed in the preceding phase. So, we cannot say with any certainty when phase 3 will start and when we will be running retreats again. Currently we have cancelled retreats until the 31st July and are putting people on waiting lists for retreats in August, as there is a significant level of doubt about these retreats being able to run. We are taking bookings for retreats from September but with the proviso that even then we cannot guarantee being able to run these retreats or, if we do run them, how many people we will be able to take because of social distancing rules. We are therefore only taking a limited number of bookings per retreat and limiting people to one booking each during the period of restrictions so as to share out our resources as much as we can. We will, however, be running waiting lists as we do anticipate that social distancing measures will be reviewed in phase 4. If this allows us to increase numbers on retreat, we will consider doing so. But only when guidance clearly allows it and with appropriate hygiene control measures in place.

Lifting restrictions and returning to normal is going to be a long road. So, although we are keen to open our doors again and be able to offer retreats, it is also important that we play our part in limited the spread of the virus and preventing a second peak responsibly. We do look forward to being able to see you again soon, may it be at the right time!

A handwritten signature in cursive script that reads "Nayaka".

Nayaka
Centre Director