

## Path of Bliss/Ananda Viplava Health Policy (updated on Dec 2023)

Retreats and workshops at Path of Bliss or Ananda Viplava are places where people come to find inspiration, support and improved health. Some of our participants' health is vulnerable and we want them to feel welcome and safe. Path of Bliss and Ananda Viplava uses a sanitizing rinse system so that all our eating dishes are sanitized after meals.

Masks and covid tests are available in the dining hall cupboards or displayed on the registration table.

Please do not come to the retreat if you have a cold, are sneezing and coughing due to inflammation, or have been exposed to Covid, Flu or another contagious illness in the last week. Join us online (when available) until you have recovered.

If you find yourself with a sore throat, cough, or a runny nose, or other signs of a communicable illness at the retreat, please:

- wash your hands and face well, and often
- put on a mask right away, to protect others. Wear it whenever you are with others
- ask for a covid test and test yourself
- You must take a covid test if you are asked to by the organizers
- ask to move to a new room if you share a room with others outside of your family. Isolate there if you are contagious. We can bring you our delicious meals!
- eat outside or separately to avoid exposing others in the close confines of our dining room
- attend the program online if you are contagious (when available)
- arrange to leave the retreat if you are able to isolate better elsewhere

We want to work together to support everyone's health, so that people do not go home sick.