

## **Illness**

If you have experienced any covid symptoms prior to your visit, or have been in contact with anyone who has developed symptoms, please do not come without receiving a negative test result. If you start feeling unwell with covid symptoms while you are here, please let us know immediately.

Prior to coming, we ask everyone arrange someone to come and collect you, in the event of you getting ill.

## **Arrival**

When you arrive please come to the office, and knock on the door. Please do not enter the office. You will then be taken to your area and shown around by a member of the Adhithana team. We ask that you please wear a mask for this induction. For the rest of your time you do not need to wear a mask as you will be alone.

If you arrive before the check-in time you will unfortunately need to wait outside.

## **Spaces**

We ask you to not enter or use any other rooms or buildings on the Adhithana grounds except for your solitary area. Every bedroom (and where possible, bathroom too) will be rested for at least a week between uses, as well as all spaces being thoroughly disinfected. You will have meditation gear in your space. This will have been rested before use.

You are welcome to go anywhere you like in the grounds, excepting into the yurt.

## **Food (if catered)**

A member of the team will deliver lunch and dinner to a drop off point for you to collect. We ask you clean your plate and return it to the drop-off point before your next meal, so we can collect and sterilise it.

If you need anything, you can leave a note on the table where your food is dropped off and a member of the team will respond, leaving a note for you to collect in the same spot.

## **Hygiene**

While you are here, you will be sharing an entranceway door with another solitary retreatant. There are cleaning facilities (wipes, spray, tissue) next to all the shared doors. Please wipe down everything you touch when you enter and leave through these shared doors.

If you are passing another solitary retreatant in the entranceway, please wear a mask and maintain social distancing.

## **Library**

Unfortunately, we cannot allow you to enter any of the library rooms while you're here. However, if there are books that you would like to read during your stay, let us know before you arrive and we can put them in your solitary area for you.

## **Leaving**

Before you leave we ask that you clean and tidy the areas in which you have been staying, as you would at the end of a retreat. Cleaning materials will be provided for you.

The whole suite will be disinfected by the team before the next person arrives in addition to this, but we ask you leave the solitary space in the condition you found it.

Thank you!