



## **COVID Protocol/Decorum for Arising Consciousness Training/Immersion with Andrei Ram**

### COVID

Only persons who are fully vaccinated and have received their second vaccination at least two (2) weeks prior to attending the Training/Immersion are eligible to attend in person. No exceptions. Staff members, Sonya Om, Andrei Ram and Joan Sargent (administrator) are fully vaccinated.

Classes will be held in an outdoor space. Masks are required upon entering, checking in, leaving, using the bathroom, storing belongings and in all communal areas. Please bring your own mask.

Social distancing is required. Please bring your own yoga mat which will be positioned 6 feet apart from other mats.

Once on your own mat ready for practice, you may remove your mask. As soon as practice is over, please put your mask on again before leaving your yoga mat.

Wash your hands after practice.

### DECORUM

Practice social distancing when engaging with others. We understand everyone will be happy to see one another but please abstain from hugging, touching and kissing. Bringing your hands to prayer and bowing your head is a beautiful way to greet someone while respecting safety protocol.

Please conduct yourself with an attitude of *mouna* (the practice of silence). Chatting with a friend quietly is understandable but out of reverence for the practice of Yoga, the teacher and the devastating impact COVID is having on India, homeland of our lineage, please conduct yourself with humble respect.