

## Covid and Satipanya

After a covid free Summer Mahasi over a twelve-week period, Satipanya has found its new normal.

All retreatants must either be fully vaccinated or have a negative test on the day they arrive (or have been isolating for the previous two weeks).

The photos below show you how the Meditation Room and the Walking Room are now. People sit and practice walking meditation next to their sitting mats. There is an intercom system so that the teacher can be heard in both rooms.

The Dining Room now holds 5 meditators and the others take their food into their rooms.

Windows are opened regularly for ventilation, so people need to bring warm clothes, especially for the coming autumn and winter retreats.

We have purposely kept numbers down to 8 which uses up all the rooms in the Accommodation Block.

We wear masks indoors except for meditation, meals and discussion sessions (socially distanced).

For those staying two weeks or longer we ask you to take tests twice a week, so you will need to bring enough test kits for your stay.

