

Ancient Wisdom in Therapy Retreat COVID Policy

1.07.2023

Enrolling on the retreat means accepting the following rules.

Be aware of the following:

- Retreat members, staff and other participants may travel from places near and far, sometimes internationally.
- An individual's comfort level regarding on-site meetings can change as COVID levels, protocols, and personal circumstances change, sometimes unexpectedly.
- If you are uncomfortable with the possibility of COVID protocols being lifted or imposed at any time, or if you cannot - or do not want to - attend an on-site retreat where there are no COVID protocols required, you should consider not enrolling for the retreat.
- The guidance of, and protocols approved by, the relevant authorities (national, regional or local) in the country where a Life Architect retreat takes place shall be followed at all times, together with the guidance of the retreat venues.
- Therefore, if required by the authorities and/or the retreat venue, all retreat participants and staff must observe health and safety protocols at the retreat site.

During the retreat:

- If you are feeling sick or having COVID-compatible symptoms before or during the retreat, you will be invited to either:
 1. Do a COVID test (provided by Life Architect);
 2. Wear an FFP2 mask at any time (including in meeting rooms, bathrooms, lobbies, etc.) and practice social distancing;
 3. Leave the common space (in such a case, you will be able to stay in the venue and continue your participation in an online format).
- Under 1. above, if the test results are positive, you will be invited to leave the common space or wear an FFP2 mask at all times (including in meeting rooms, bathrooms, lobbies, etc.) and keep a social distance of at least 2m at all times with any other participant, teacher or staff member.
- If you need a break from wearing the mask, you will be invited to step outside and return when ready to wear the mask again.
- Whenever you decide to leave the common space or are forced to do so (if the local protocols require), you can continue participating by attending online.
 - We will provide you with guidance regarding joining the retreat online. You can stay in your room or outside of the venue facilities.
 - We will provide you with headphones with a good microphone so that you hear the teacher and the group properly and also so that the teacher and the group hear you without any trouble.

- The group will see all of the online participants on a big screen, and the online participants will be able to comfortably see the teacher and the whole group on their laptops.
- We suggest you take a laptop with you, just in case you get COVID and need to use it to connect to the teaching blocks through Zoom. We won't be able to provide you with a laptop if you don't have one. We will provide you with good-quality headphones.
- We're aware that some places have health and safety protocols that sometimes are not followed or enforced (we've all probably been to stores and other places where this has happened). Out of respect and consideration for all retreat members and to remain in compliance with required protocols, we expect that everyone attending the retreat will adhere to the requirements in place during the retreat.
- We will have antigen tests and FFP2 masks in the venue for your use if needed.

If the teacher feels sick during the retreat:

- If the teacher feels sick with COVID-compatible symptoms during the retreat, he/she will be invited to do a COVID rapid test.
- If the test results are positive and the teacher feels good enough to continue, he/she will wear an FFP2 mask and social distance and continue teaching in the common space.
- If the teacher cannot continue, the retreat program will be rearranged with new activities and facilitators, keeping the program within the ancient wisdom in therapy topic. We have good relationships with many quality teachers and psychotherapists in Bali, and we are able to shift the flow of the retreat quickly if needed.
- If the test results are negative, but the teacher cannot continue because of the symptoms, the rules in the paragraph above shall apply.