

# Somatic Parts Work Retreat COVID Policy

3.07.2024

Enrolling on the retreat means accepting the following rules.

## Be aware of the following:

- 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.

## In the event of any of the following circumstances arising due to COVID-19:

- A full lockdown being imposed in the country where the retreat is taking place,
- Advisory notifications from local government authorities in either country discouraging non-essential travel to the country where the retreat is taking place,
- Mandatory quarantine requirements upon arrival in the country where the retreat is taking place,
- Local restrictions at our retreat venue in the country where the retreat is taking place preventing the retreat from taking place,

Life Architect will facilitate the rescheduling of your retreat to an alternative date, and you will be presented with the following options:

- Reschedule your retreat for a later date.
- Maintain a credit for your retreat, which can be applied to either the same retreat or any other retreat, provided there is availability.

We strongly recommend that you consider obtaining travel insurance to safeguard against any unexpected issues arising from COVID-19. It's advisable to inquire about its specific terms, including whether it covers quarantine-related expenses.

Please take note that if you manage to attend our retreat and any of the aforementioned scenarios occur during your stay, it will be necessary for you to initiate an insurance claim from your end.

## Vaccination policy:

We don't require you to have a Covid-19 vaccination, and as of October 2023, the Indonesian government no longer demands travellers to be vaccinated against Covid-19. However, please check the local government requirements in Indonesia, as they may change them at any time.

Please keep in mind that you are accountable for evaluating your own health, travel-related risks, and potential financial losses. Your participation in the retreat is undertaken entirely at your own risk, and neither the retreat venue, the retreat leaders, nor the organisers can be held responsible in the event that you need medical attention, quarantine, or need to modify your travel arrangements during the course of the retreat.

### **During the retreat:**

- If you are feeling sick or having COVID-compatible symptoms before or during the retreat, you will be invited to choose one of the following:
  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 shared 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 shared 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 shared space, 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. 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 one or both teachers feel sick during the retreat:**

- If one or both teachers feel sick with COVID-compatible symptoms during the retreat, they will be invited to do a COVID rapid test.
- If the test results are positive and they feel good enough to continue, they will wear an FFP2 mask and social distance and continue teaching in the shared space.
- If one or both teachers cannot continue, the retreat program will be rearranged with new activities and facilitators, keeping the program within the topic of integrating parts work and psychedelic-assisted therapy. We have good relationships with many quality teachers and psychotherapists in Portugal, 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.