

Lhagsam Tibetan Meditation
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Lhagsam Tibetan Meditation

COVID-19 Safety Concept for activities at Lhagsam center

Version: 12.09.2021

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COVID-19 Safety Concept for activities at Lhagsam center

In accordance with cantonal and federal regulations, the Lhagsam Board has decided to reopen Lhagsam Center for on-site activities. The following policies have been put in place in order to protect participants and enable a safe and relaxed framework. They apply until revoked to all those visiting the center.

1. Covid certificate exemption for regular groups

Starting on September 13, 2021, a Covid certificate is needed for most inside activities in Switzerland. Exempt from this rule are regular groups of less than 30 people, who know each other and get together in rooms only accessible to them. They can still meet without restrictions. However, we ask participants to keep a social distance of 1.5m whenever possible. If you are new to Lhagsam, please be prepared to present your Covid certificate before you participate in your first event onsite. If this is not possible, please contact us before attending.

2. Registration

All on-site participants must register with name, email address, and phone number. If requested, Lhagsam must provide this information to Swiss health authorities.

3. Air and hygiene

All rooms must be frequently aired. Hand sanitizer is provided at the entrance.

4. Only attend if symptom free

If you have symptoms of illness such as flu, fever or cough, please don't attend activities at the center.

5. Test and inform

If you think you might have contracted the virus and attended the center, please test yourself immediately and inform Lhagsam in case of a positive test result. You won't be blamed - we can all work together to contain the spread of the virus.

Thank you for your kind understanding – may all beings be healthy and happy.

Zürich, 12. September 2021

Lhagsam Board