

Lhagsam Tibetan Meditation
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COVID-19 Safety Concept for activities at Lhagsam center

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Responsible: Maria Trottmann



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

By regulation, a Covid certificate showing that participants are either fully vaccinated or recovered is needed for all inside activities in Switzerland. Please be prepared to present your Covid certificate for on-site participation.

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. Mouth-nose protection

Please wear a protective mask inside whenever possible.

4. Air and hygiene

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

5. 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.

6. Test and inform

If you think you might have contracted the virus and attended the center, please test yourself and inform Lhagsam in case of a positive test result. You won't be blamed for your misfortune - 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, 19.01.2022 Lhagsam Board