



Covid-19 protocols when visiting Samarpan Yog Ashram Meditation Centre

The Ashram is open and welcoming visitors for meditation - this is on a limited basis - a **maximum of 4 visitors at any time**. Construction of the GuruShakti Dham (Meditation Hall) also continues on site, which means darshan of the Murti is not possible, but the whole estate is filled with high vibrations, making meditation very special here.

What areas are open: currently only the meditation room is available for use inside the bungalow for daytime meditation only. Access in and out is through the rear patio doors. The outdoor eco-toilet is the only facility available for use. You may also sit in the front or rear gardens to meditate if preferred.

Accessibility: If you have accessibility issues, please call to discuss with Jaya **before** arrival. Due to Covid-19 compliance, we may or may not be able to accommodate your needs at this time.

What you need to bring with you:

- Face mask which must be used whilst in the meditation room
- Clean cloth to lay out on the carpet under you
- Your own cushion, asana etc.
- Clean socks to wear in the room

Please leave in your car or at home: all food, drinks, water bottles, bags, handbags, mobile phones or any other items should not be brought into the meditation room.

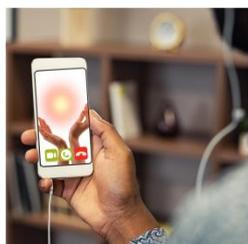
Refreshments and Prasad: cannot be provided by the Ashram at this time.

Please follow these protocols

We ask all visitors to strictly follow the protocols below to keep everyone who is on site safe and give everyone an opportunity to visit who wishes to.



Please respect others and **do not** visit if you or someone you have been in contact with is experiencing any symptoms. Follow Government guidelines for self-isolating.



You must register by phone first before attending the Ashram and agree an allocated time slot for arrival.
Contact Jaya on 01949 81103 or 07442 630007.

If you are going to be late or miss your slot please contact Jaya – **do not** just arrive late.



A maximum of 4 visitors can be on site at any one time and a time slot will be agreed with Jaya of 1 hour maximum period (to include arrival and departure). Please do not delay leaving on time.

On arrival, phone Jaya so she can open the gate



Please respectfully maintain social distancing at all times whilst on site, and follow instructions on any signage.



To protect others, please wear a face mask whilst in the meditation room.

Remove your shoes and coat at the patio door and leave in the space provided. Use the hand sanitiser provided.



The outdoor eco-toilet is available for use.

- Please use the hand sanitiser provided before and after using the toilet.
- Spray the toilet seat and door handles with the antibac spray provided after use, using clean toilet paper to hold the sanitiser spray and dispose of it in the bin provided.



Your children are welcome to visit with you, but they remain your responsibility at all times. Please ensure that they follow the protocols, remain with you throughout the visit and do not cause a disturbance. Where possible, you will be given a time slot of your own.

If you have any questions you can contact Jaya on the numbers above or the Trustees at uk@shivkrupanandji.net

Disclaimer: We have taken necessary steps, following Government regulations, to enable us to open the Ashram to daytime meditation and make your visit as low risk as possible in the current circumstances. However, your visit to the Ashram, as for any other social interaction, is at your own risk. It is your responsibility to take person precautions to keep yourself safe.

Thank you for your help in making everyone's visit safe and enjoyable.