

Dear friend of yoga

We hope you are well and look forward to welcoming you soon.

In order to ensure that your stay is as pleasant as possible and for the safety of all during this pandemic period, we ask you to read our COVID protocol. We thank you for reading it carefully in its entirety.

By registering on our website and agreeing to the terms and conditions of a stay at the Ashram, you confirm that you agree to follow this protocol in all respects. There is no such thing as zero risk when staying with a group of people, so we rely on everyone to take responsibility.

There is a contact person in the Ashram for any questions related to COVID.

COVID PROTOCOL

1. green pass

The Loiret prefecture has confirmed that the Ashram is not subject to the health pass.

2. Tests

A. For teachers' training students

1. PCR/antigenic test less than 72 hours old to be sent before arrival and to be presented to the reception upon arrival. Any person who does not have a negative COVID test will not be allowed to stay at the Ashram. This test is at your own expense.
2. Supervised self-test the day after your arrival. Come with your self-test to the meeting place which will be announced to you the day before.
3. self-test 7 days after arrival
4. Self-testing in case of a breach of the barrier gestures, or in case of the appearance of symptoms suggestive of COVID.
5. We ask that you commit to staying at the Ashram for the duration of your stay, except for short trips alone to the neighbouring village for much needed shopping. No trips to cafes, public gatherings etc.

We ask that you bring with you a minimum of 5 self-tests.

The Ashram reserves the right to have self-tests done more often if deemed necessary (at your expense).

B. For thematic stays (5 to 7 days or more)

1. PCR/antigenic test of less than 72 hours to be presented on arrival
2. Supervised self-test the day after your arrival. Come with your self-test to the meeting place which will be announced to you the day before.
3. Self-testing in case of a breach of the barrier gestures, or in case of the appearance of symptoms suggestive of COVID.

We ask you to commit yourself to staying at the Ashram for the duration of your stay, except for short trips alone to the neighbouring village for much needed shopping. No trips to cafes, public gathering places etc.

2. For a stay longer than one week, another self-test will be necessary 7 days after your arrival.

We ask that you bring a minimum of 3 self-tests with you.

The Ashram reserves the right to have self-tests done more often if deemed necessary (at your expense).

Very important:

In case of any flu-like symptoms prior to your arrival, we request you to postpone your stay. If symptoms suggestive of COVID (fever, cough, loss of taste and smell, headache) occur during your stay, we ask that you immediately inform an Ashram official and take all necessary precautions (isolation, supervised self-testing).

Protocol in case of a positive case

In case of a positive self-test, you will be isolated in a dedicated room. You will need to have a PCR or antigen test done in a pharmacy or laboratory as soon as possible (at your own expense). If you do not have your own car, you can order a taxi to get there.

We will bring you the meal trays. We ask you to stay in the room, except for walks to get some fresh air and keep away from others.

If the PCR/antigen test confirms that you are positive, and if your condition allows it, we encourage you to go home provided you have your own vehicle or order a COVID taxi. In exceptional cases, someone may come and pick you up, taking maximum precautions (sitting in the back of the car, wearing a mask, frequent ventilation). You should be able to be isolated at home if you live with other people.

If your condition does not allow you to travel, you can stay in the Ashram in isolation until your condition improves (usual cost of a stay in the Ashram in the room category you have booked). In case of worsening of symptoms, the hospital will be contacted to take care of you.

If there are 3 or more cases of COVID, the Ashram will contact the ARS. In this case, the Ashram cannot manage more than 3 people in isolation, the ARS will take care of your repatriation or your placement in facilities for people with COVID.

3. Meals

For meals, we ask you to :

- Wash your hands or use hydro-alcoholic gel before receiving your tray
- Wear a mask when waiting to receive your tray
- Respect the spacing between people
- Meals are taken in silence.

4 . Maintenance of the premises

The premises are cleaned daily with virucidal products

They are aired regularly.

3. Reminder of barrier measures

- We ask you to respect social distancing at all times
- Wear a mask indoors when moving around the premises or when social distancing is not possible
- Wear a mask in the kitchen, in the boutique and at the reception
- Remember to wash your hands very regularly.

4. Equipment for practice

Each participant must bring his or her own practice material:

- yoga mat
- cushion
- blanket for final relaxation
- Hot water is available. Please bring your own glass. Herbal tea is available in the shop

- We ask that you bring your own yoga mat and place it on the Ashram mats during meditations and lectures. We no longer lend or rent out yoga mats or meditation cushions.

5. Rooms

We ask you to take responsibility for the hygiene of your rooms: ventilate regularly, disinfect door handles and light switches. Disinfectant will be available in the common areas of the different buildings.

Summary of what you need to bring (these items are also available in our shop):

- a yoga mat
- a cushion for meditation
- a glass
- self-tests for COVID
- your covid PCR / antigen negative test (printed version)

How to prepare for your retreat at the Sivananda Ashram

In order to prepare for your stay and to make the most of it, we suggest that you practise at least the following every day before you come

- 15 minutes of postures (asanas)
- 10 minutes of Pranayama (kapalabhati and anuloma viloma)
- 10 minutes of meditation and positive thinking

If you are a beginner or have difficulty practising on your own, we recommend you take our online courses (zoom). We offer classes and meditations every day.

Visit <https://sivanandaorleans.org/> or <https://sivanandaparis.org>.

If you need more information, write to orleans@sivananda.net

All of this will help you to build up your immunity and make the most of your stay.

We ask you to confirm in writing that you agree with the above rules and that you are committed to following them.

We look forward to meeting you soon at the Ashram

OM shanti

Sivananda Yoga Ashram