Safety Protocol 2G+, updated 20/12/2021

Beatenberg Meditation Centre

For the maximum protection of retreatants, staff and teachers against the coronavirus, the following safety protocol will be observed during all retreats.

At registration, all retreatants must present either a valid Swiss COVID vaccination certificate, an approved foreign vaccination certificate, or a medical certificate of recovery from COVID.

The only exemptions from this are retreatants who can provide an approved medical certificate of vaccination exemption. In addition they must also provide a valid negative PCR test certificate.

If the most recent vaccination, booster shot or recovery does not fall within the last 4 months prior to the registration date, retreatants must also provide a valid negative COVID test certificate (an antigen test is sufficient) when registering.

It is compulsory to wear a face mask indoors (including the meditation hall / during the meditations), except in the bedrooms and during the meals.

The 2G+ protocol also applies to teachers and volunteers.

The 3G protocol applies to the in-house staff who must provide, at the very least, a negative COVID test certificate at the beginning of each and every retreat.

Hands should be washed and disinfected before meals.

Those who arrive on the registration day without the required documents will be asked to leave. Where this is the case retreat costs will not be reimbursed.

In general, anyone who has COVID like symptoms such as flu or fever should not take part in a retreat. Retreatants who present with COVID like symptoms during a retreat (incl. including cough, sudden loss of taste / smell, fever, etc.), need to contact the office. They will need to leave the retreat, undergo testing and report the results back to the centre.

As the meditation hall is kept ventilated throughout the retreat retreatants are requested to bring warm clothing to avoid getting cold during meditation.

Thank you for your understanding and support. May all beings be healthy!

The board of trustees