



SHAMBHALA

Vancouver Shambhala Centre

As our community started in the mid-1970s, our founding members are now in their late sixties and seventies. Some in our community have health conditions which make them particularly vulnerable to Covid-19. Some of us live with vulnerable people. To keep the Shambhala Centre safe for everyone and their families, we have instituted these rules for this transition period.

If you don't feel comfortable with any of these rules, please join us virtually using Zoom.

If you have any symptoms—however slight—such as fever, dry cough, sore throat, loss of sense of smell or taste, fatigue or difficulty breathing, do not enter the Vancouver Shambhala Centre. Please stay home until you have been symptom-free for at least 10 days.

Wear a face mask as an act of generosity—helping others to feel at ease and stay healthy. While masks don't filter inbound virus particles, they prevent your droplets from escaping. *If you don't have your own mask, we have a supply near the front entrance.*

Stay 2 metres away from others all the time.

Wash your hands immediately after you have hung up your coat.

To maintain social distancing **only 10-12 people max in the Main Meditation Hall.** Most programs have online registration so you can 'reserve' your spot ahead of time.