

Upaya Zazen Guest COVID Protocol

July 4, 2022 Update

All guest practitioners **must be fully vaccinated and have received one booster**. After signing up, please send an image of your vaccination card to zendo@upaya.org.

While in the zendo and in Upaya indoor areas, an N95, KN95, KF94 or other mask with a high filtration rating must be worn at all times.

If you have traveled out of state or country, please wait five days after traveling and are symptom-free before coming to Upaya. If you have had direct contact with a COVID positive person or have been in close proximity to anyone with known COVID exposures, please wait five days and test negative (home antigen test is ok) before coming to Upaya.

If you have any symptoms associated with COVID, e.g. runny nose, sniffles, cough, sore throat, lack of smell etc., you may not enter Upaya, and we recommend that you get tested. If you have tested positive for COVID, you may not enter Upaya until 2 consecutively negative antigen tests on consecutive days.

Please note: there will be a designated area in the zendo for practitioners from outside the resident bubble. Someone will greet you outside the zendo to direct you to seating.

Bathrooms will not be available to guests at this time.

Please wear clean, modest, dark clothing that covers your shoulders and knees.

Thank you for your care.

Please remove your name from the list if you are not able to come.

If you haven't come to a sit at Upaya, please [read the Upaya Zendo Etiquette document](#) and email us with any questions at: zendo@upaya.org.