

White Heron Meditation Center

Pandemic protocol for in-person gatherings

Updated: July 18, 2021

1. Those who are fully vaccinated and free of cold or flu symptoms may attend in person; those who are not fully vaccinated, or are ill, please attend by Zoom. The sangha wants all to feel welcome.
2. Masks are not required either inside or outside the Center.
3. We do not yet have enough people committed to volunteering for the Sunday Night Program to allow for outside tea service. Until we do, please bring your own tea, if you would like something to drink.
4. In consideration of the value of a peaceful meditative space, please keep voices subdued while in the Center, reserving most socializing for outside, before and after the Sangha meeting.
5. Spaced seating is available on both chairs and cushions. Chairs may be moved closer together if both attendees agree.
6. Current protocol will be posted; “enforcement” is entrusted to our individual commitment to practicing the Eight-Fold Path.