

The workplace room and home will have the following in place, till this is required by the Government and Nutritional Association CNCH association and CSTA guide lines.

Our world as we knew it has changed and for at least the next year or so till there is a better solution for the pandemic virus of 2020, the following guidelines will be in place. This will include any face to face workshops that will be run by me either at home or at an outside place. The guidelines for hygiene and safety for the outside place is according to their own guidelines. The following guidelines will be in place at my home workshops.

Please read this and sign the disclaimer letter prior to the first workshop attending face to face with me. This letter will be saved for future workshops and a reminder of it and the guidelines will be emailed with each workshop.

The face to face workshops of craniosacral therapy will be done according to the new rules and regulations. You might be wearing a cotton masks and cotton gloves or any other for the day when working face to face. A visor and or from August till is needed a type II face mask.

However, there are some circumstances where people may not be able to wear a face covering.

Please be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings, and that the reasons for this may not be visible to others. This includes:

- people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- where putting on, wearing or removing a face covering will cause you severe distress.

The government further stipulates that there are scenarios when you are permitted to remove a face covering, namely:

- if required in order to receive treatment or services, for example when getting a haircut, well we are not, and we could have a haircut while having a treatment. Anyone in distress with a face mask can take that off. We can work from the feet only on the day or from even a meter apart.

Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face covering.

Some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign. This is a personal choice and is not necessary in law.

Each therapist will add any more precaution according to their own need of working and respected on the day.

In order for us to carry on the job that we love, which is helping people to heal and get better, I would respect and understand the rules and guideline. Read the following through well.

This is what will be in my home during the workshops:

As we all going to live a more sociable life soon and travelling via plane, that includes myself, I would also encourage people to follow the Government guidelines for that.

All my workshops will now include a meditation, a type of grounding and clearing as well as the physical part of the craniosacral treatment and workshop main theme. Some NLP tools to use for yourself and your clients will also be taught in all my workshops.

All workshop notes and hand-out will be emailed to the participants prior to the workshop, each participant can decide to either print it or keep it on file and take extra notes on the day with their own notebook.

Here are the guidelines for face to face workshops:

From my part:

- Door handles, doorbells, switches, gate entrance handle, toilets button and toilets, as well as the sink tap will be cleaned before each workshop and after.
- The couch rolls will be on the couch as usual, there will be no couch cover. The couch will be disinfected before and after each treatment exchange.
- Any chair will have a cover that can be wiped, if you can use the same chair is great
- Considering that the workshops will be an all-day event make sure that you or your household are not in the high-risk category or you do not have any of the symptoms described below.
- Toilets facilities a soap dispenser only for the workshop and will be bleached before and after the workshop, and paper-towel/tissue to wipe hands.
- The premises will be cleaned before and after the workshop.
- The sitting couch and chairs will have couch paper or a cover that can be wiped and disinfected before and after the workshop. A couch cover will also be placed underneath the plastic cover, that will be washed at the end of each day. All the washing will be done according to the suggested guidelines, at 60 + degree and separated from my own washing.
- Blankets and pillow cases, will be changed for each person or a couch roll will be placed on top of it. You can also bring your own blanket and pillow, if possible.
- The room will be ventilated for 20 minutes, every now and then or at lunch time and break time. I will use also a homemade spray with tea tree oil, lemon, lavender and peppermint oil; if you are allergic to any of them let me know before the workshop.
- If still needed for the day of the workshop, a cotton mask and cotton gloves need to be worn on that day, as a 2 meters distance will not be possible at my home.
- As required by the new rules, please bring your own water and pen to write anything relevant.

- Therapists need to check 24 hours in advance of any workshop, if they or anyone in their household is experiencing any COVID-19 symptoms. This include a temperature check. Due to the current situation, the workshop can be cancelled if myself or any person in my household will show signs. If you cannot attend for the same reason, your payment will be counted for another workshop of your choice instead, with the same price.
- You can bring your own cups for teas and coffees. Spoons and anything else used that can be washed will be washed and wiped prior to the workshop. Any cups and forks will be washed and then placed in the dishwasher, before and after the workshop.

Workshops run outside my home

For the workshops run outside my home, the things that are in my control will be put in place as above. Anything that is due to the center booked, will be in their hands. If you would like to bring your own cups as well as water and pen and paper and hand sanitizer, I would suggest to do so.

If you are at high risk of contracting COVID-19 or have somebody that you take care of, live with or need to visit often, please do not book an appointment as your risk could be higher:

- If you or anybody that you are in close contact with, have had an organ transplant; having a chemotherapy or antibody treatment for cancer, including immunotherapy; are having an intense course of radiotherapy or radical radiotherapy; for lung cancer or any cancer; having targeted cancer treatments that affect your immune system; have blood or bone marrow cancer, such as leukaemia, lymphoma, or myeloma; have a bone marrow or stem cell transplant in the past six months.
- Taking any immunosuppressant medication; have any lung condition such as cystic fibrosis, severe asthma, any type of Chronic Obstructive Pulmonary Disease; have a condition that means they you have a very high risk of getting infections such as Severe Combined Immunodeficiency (SCID) or sickle cell; • are taking medicine that makes them much more likely to get infections (such as high doses of steroids); • have a serious heart condition; you are pregnant; you have diabetes, or any heart condition, are taking any immune suppressant for arthritis or any immune disorders;
- Are taking any medication that will reduce your immune system, including Non-steroidal, anti-inflammatory medication (ibuprofen; naproxen; diclofenac; celecoxib; mefenamic acid; etoricoxib; indomethacin; high-dose aspirin); low doses of steroids. Any other moderate to severe health condition. Have any lung condition from moderate to severe, bronchitis, heart disease, emphysema. Have chronic kidney disease, liver disease, any of the condition such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy.
- If you are 65 years and over. You are pregnant. (for this distance healing can be done instead, these are considered moderate risk).
- If your BMI is over 40, and/or are obese. (moderate risk)
- Clients need to check 24 hours in advance of any appointment, if they or anyone in their household is experiencing any COVID-19 symptoms.

Remember why we are doing all this.

“A world without the wisdom, unconditional love, and compassion of our elders will
be a sad and chaotic world” Maria Esposito