

# surfasana

Last updated Winter 2022

## Traveling to Cabarete, Dominican Republic

- Since July 2020 the Dominican Republic has re-opened its borders, which were temporarily closed in March of 2020 due to the Covid19 epidemic. Travelers from the US, Canada and Europe can enter the country without restrictions, yet may be subject to a quick health test upon arrival.
- The closest airport to Cabarete is **Puerto Plata (airport code: POP** - a 20mn drive to the hotel) and there are regular daily flights from several US airports on Jetblue, American Airlines and other airlines.
- Santiago de Los Caballeros (airport code: STI) is 90mn drive from Cabarete and also welcomes daily flights from American Airlines, Delta, Jetblue, United and other airlines from NY and other US cities.
- If possible, **we recommend flying non-stop to POP**, which will make your experience as pleasant as possible.
- All airlines are rather accommodating when it comes to changing and/or canceling tickets (please check with your chosen airline when booking your flight).

## Precautionary Steps for a Safe Surfasana Retreat Experience

- The Surfasana team would like to assure you that we are taking appropriate measures for everyone's safety and comfort.
- Due to the COVID19 pandemic health guidelines and questions asked by some participants we have adapted our program to make sure we can all have an enjoyable experience while respecting each other's preferences.

**> All retreat participants will be required to sign a copy of this document** prior to the beginning of the retreat to confirm their understanding and commitment to complying to the basic safety rules for the Surfasana retreat.



### **Practice:**

- Surfasana instructors will never give hands-on adjustments without the permission of the student/participant. We strongly believe in the importance of asking before entering someone's personal space and respecting people's choice to not be touched.
- We will take precaution of keeping the mats appropriately spaced from one another.
- The yoga mats you use will either be one you've brought with you from home or a new never-before-used yoga mat will be given to you to use for the retreat and take home at the end of your experience with us. You will be provided disinfectant to clean your own mat at any time.

### **Rooms & Common Spaces:**

As is always standard at El Encuentro Surf Lodge:

- All rooms will be cleaned and sanitized daily.
- Common spaces will be cleaned and sanitized several times throughout the day.
- Your rooms will be equipped with handsanitizer and face masks.

The Surfasana and Encuentro Surf Lodge teams are committed to making your experience memorable and comfortable.

### **Meals:**

- Many of our meals will be spent family style, outside in an open-air area, yet breaking bread and sharing a large table together.
- In the event that you do not feel comfortable sitting at a table with others, or sitting less than 6 feet from anyone, we want you to know that we respect and encourage your preference, no judgement whatsoever. We will be happy to set up a private area for you and/or others to eat, or send food to your room, or by the pool.



## COVID19 Situation in the Dominican Republic - for your information:

- While the US currently ranks #1 worldwide in terms of infection level with COVID, the [Dominican Republic is #72](#).
- Please note that the North Coast of the island where we are located is also sparsely populated. Of the 10 million inhabitants of the Dominican Republic, only 4% live on the North Coast.

Perhaps this is why we have been quite fortunate during this pandemic. Yet, social distancing is still in effect as of today and strict health guidelines are often enforced by the authorities in public places.

> **More info on [COVID19 in the Dominican Republic](#)**

### Commitment:

> in a group and individually, I commit to respect others' space and not to touch others or approach others within close distance unless I have been invited to do so and/or it is clearly mutually agreeable by all parties present.

Everyone participating in the Surfasana experience has received and signed this document and commits to respecting each other's boundaries and preferences.

**Name:**

**Date:**

**Signature:**

