



We are very happy to announce that 2022 retreats are now up on our [website](http://www.dhanakosa.com) and we open for bookings. You will find our familiar imaginative and diverse range of retreats for all levels of experience. Bookings are coming in so do have a look at the programme and we look forward to hearing from you. It will have been two years since we have been able to run a full programme so lets hope 2022 is a return to a slightly more predictable situation for everyone.

Our COVID-phase 2 retreats with numbers up to 60% capacity (18 retreatants and normally 3 team) and lower levels of restrictions have been going very well so far. People have been hugely appreciative of the opportunity to be on retreat and very tolerant of the remaining COVID measures and uncertainties presented at this time. The most difficult area so far has been our “safe way home” policy. We are requesting that should you test positive by lateral flow test, or develop symptoms of COVID-19 whilst you are at Dhanakosa you have a way of getting home without using public transport. We recognise that this does make getting on retreat difficult for people who don’t have their own cars and live a long way away. However, as long as self isolation is a requirement and case levels remain high it is likely we will have to keep this policy in place as we do not have facilities to isolate people on site. We have consulted with public health on this one, and I assure you we will not keep it in place longer than necessary as we want to exclude as few people as possible.

Looking forward to 2022, we are going to keep retreat numbers capped at the current level for the time being as this seems an appropriate balance between accessibility, retreat quality, and safety. Along with the limited numbers however, we are asking people not to book on more than two retreats to keep spaces available to others (you can go on more waiting lists as we will open out bookings two weeks before the retreat start date if places become available) and we are also keeping suggested donations at their current levels. These are somewhat higher than they were back in 2020 before COVID struck, but whilst we continue with limited numbers we want to encourage people who can afford the suggested donation to continue to give at that level. Your donations are hugely important in keeping Dhanakosa open both to those who can contribute financially, and to those who cannot. However, we know it is the people who have the least money in our community who have faired the worst during the pandemic both in terms of health and finance. And there will be many people who are currently being stretched just to pay energy bills and put sufficient food on the table, and for whom coming on retreat just feels like an impossible financial stretch. So, I really want to emphasise, when we say it’s a voluntary donation, we mean it. If you can get your booking fee and your travel together, and that’s what you can manage, you can come on retreat. Believe me when I say you are welcome. Raising our suggested donations is a strategy that helps us all work together to remove the access barriers of poverty from retreats as much as possible.

We look forward to welcoming more of you on retreat again soon.

Best wishes,

A handwritten signature in black ink, appearing to read 'Nayaka', written in a cursive style.

Nayaka
Centre Director