



Covid 19 Protocol at Shreyas Retreat:

- **Shreyas has put in place standard protocols and trained its staff in safe practices to ensure that both its staff and guests are safe throughout their stay, and to deal with special situations.**
- **Our Ayurveda and Naturopathy doctors, yoga teachers and chefs have put together guidelines for both the staff and guests - on self care through healthy lifestyle practices and precautions, special diet and herbal drinks, yoga, breathing and meditation practices, to boost immunity, naturally.**
- **As a standard practice, all guests and staff are required to have their body temperature, oxygen saturation and pulse reading done before they are allowed into the property.**
- **All guests and staff, including drivers, guest relations/reservation team, kitchen and service, housekeeping team wear masks & gloves and wash/sanitise their hands frequently.**
- **The vehicle used for guest pickup/drop are thoroughly cleaned and sanitised before every trip, guest baggage and belongings are spray sanitised before loading into the car.**
- **Guests are welcomed with namaste and aarti; handshake, cold towels, garlands and tikka is being avoided for obvious reasons.**
- **The entire property including guest rooms, kitchen and dining halls, spa, gym, yoga venues and other common facilities are thoroughly sanitised as often as is necessary to keep it hygienic and safe.**
- **On request, disposable masks, foot wear, yoga mat are part of the personal kit can be provided in each cottage.**
- **Besides providing sanitisers in each guest room and all common facilities, foot operated sanitiser dispensers are placed in strategic locations for use by both staff and guests.**