

Health Care Information

Our wish is to provide all who come on retreat at IMS with an environment most conducive to deepening meditation practice. However, there are practical limitations regarding the level of support we can reasonably offer. The following information outlines these limitations; please read this **before your retreat begins**.

We are unable and unqualified to provide medical and psychological care. For this reason, we request that – apart from unforeseen emergencies – you take care of your own health needs during your stay at IMS.

Participation in IMS programs is at the discretion of the teachers and IMS administration at all times. If, in the opinion of IMS, you are unable to continue to participate productively in your retreat, you may be asked to leave.

Health and Hygiene at IMS

We ask everyone staying with us to support our efforts to protect your health and the health of others.

Cover your mouth and nose when coughing or sneezing. If you don't have a tissue, sneeze into your sleeve, not your hand.

Keep hands clean by washing with soap and running water. Where soap and water are not available, use hand sanitizer. There are bottles of hand sanitizer at many locations so that you can clean your hands even when not near a bathroom.

It's especially important to wash your hands before preparing or eating food, after blowing your nose, coughing or sneezing, and after going to the bathroom. It is also helpful to avoid touching your eyes, nose or mouth at times when your hands may harbor germs.

If you do get sick while on retreat, please report this to the office staff, especially if you have flu symptoms such as fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. We would like to see you get the care you need, and at the same time we will support you in minimizing contact with other people to keep from spreading the illness.

If you have any symptoms of illness prior to your arrival at IMS, please call us and reschedule your retreat. This will not only allow you the greatest benefit from the retreat by participating in full health, but it will also protect your fellow participants, the teachers and the staff. We greatly appreciate this consideration.

Mental & emotional health

If you are seeing a therapist and/or any other mental health professional, please inform them of your intention to participate in a retreat. If they have any concerns about your attendance, it is important to follow their recommendations.

If you are taking any prescription medication to support mental and emotional health, it is required that you bring enough supplies to last throughout your time at IMS, and that you continue to take your regular medications while you are on retreat.

Waiver of liability & emergency contact

On your arrival, you will be asked to sign a waiver of liability and to **provide details regarding an emergency contact** (please make sure you have this person's contact info with you when you arrive). Your cooperation with this is necessary in order for you to attend the retreat – you will not be allowed to participate unless we are given this information.

IMS will make every effort to communicate with your contact person in the event of an emergency. They should be someone who can either collect you from IMS or help to make transportation arrangements if you need to leave your retreat early.

In case of illness

- Some first aid supplies are available, in case of common, non-serious ailments or injuries.
- In the event of a medical emergency, IMS will call 911. If an illness requires nursing care, it will be necessary to leave the retreat to recuperate. We suggest that all retreatants have medical insurance or sufficient funds to cover the costs of any medical care that might be required.
- For less urgent conditions, we provide information on local doctors and alternative therapists and ask that you take care of your own appointments and transportation.