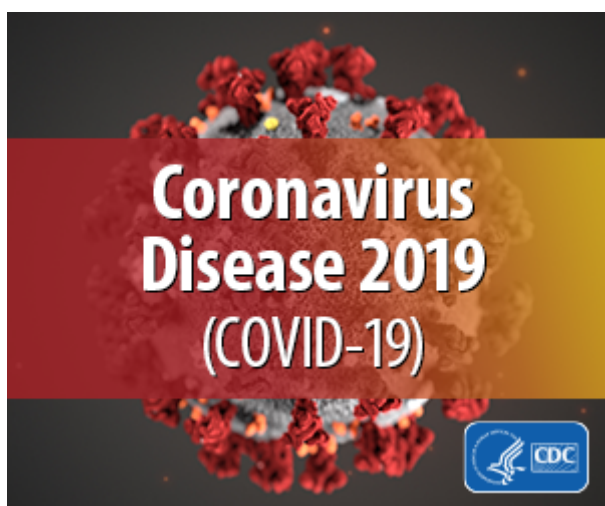




HOME ABOUT CLASSES RETREATS & EVENTS OTHER LOCATIONS CALENDAR
CONTACT



source: CDC

KADAMPA MEDITATION CENTER WA Statement Concerning the Ongoing COVID-19 Outbreak

March 5, 2020

tone: warm

Kadampa Meditation Center Washington is committed to cherishing all who attend our classes and events. With the intention of maintaining the health and safety of our community, we are closely monitoring the status of the coronavirus outbreak and following

recommendations from **health organizations** including [Public Health Seattle & King County](#), the [Washington State Department of Health](#), and the [Centers for Disease Control & Prevention](#).

tone: continuity

In addition to **maintaining our usual standards**, we are also taking the following precautions:

logistics: adjust

- Extra cleaning of objects that are regularly touched, including doorknobs, light switches, and handles.
- Introducing a minimum of three feet between meditation room seating (**social distancing**).
- Requiring those with a cough, no matter the cause, to leave the meditation room and **listen downstairs via video link**, and to maintain a distance of at least six feet from others. **logistics: online**
- Suspending the serving of snacks and meals.

logistics: personal

Please assist in preventing the spread of coronavirus and other contagions by washing hands thoroughly and regularly, and by staying at home if you have a fever, cough, or other symptoms. We recommend monitoring **local news sources** and the above **links** for updated advice about keeping yourself and loved ones safe in case of an outbreak.

source: news, gov

value: health, wellness

During this evolving situation, the **health and well-being** of our volunteers, community members and students is our top priority. We are continually evaluating upcoming classes and events to determine how to best **comply** with health authorities' recommendations to avoid or cancel non-essential activities. Should any class or event cancellations arise, the community will be alerted immediately through our website and social media channels.

tone: comply

Please **don't hesitate to contact us** with any questions.

tone: available

OUR LOCATION

6556 24th Ave NW
Seattle, WA 98117

[Get directions](#)



CALL US

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EMAIL US

info@meditateinseattle.org



OPEN HOURS

Sunday 9:30am-2pm

1/2 hour before & after [classes](#)



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