



**SEN WELLNESS**  
sanctuary

# Sen Wellness Sanctuary COVID -19 Policy

## Transfers to the Sanctuary:

- A fully sanitised Sen Wellness vehicle will pick guests up from the airport and bring them to the Sanctuary.

## Hygiene Protocol at the Sanctuary

Sen Wellness is meeting all official hygiene protocol outlined by Sri Lanka's Ministry of Health and the World Health Organization (WHO). This includes:

- Disinfecting all luggage on arrival
- Regular disinfecting of surfaces (including accommodation, communal spaces, treatment rooms, and yoga shala)
- Social distancing in communal dining area, yoga shala
- Staff and therapists to wear masks and regularly hand washing
- Regular temperature checks for both guests and staff
- A third PCR test is required after 5-7 days, to be done in coordination with a mobile testing unit and a fourth test is required if guests stay longer than 10 days in the country.\*\*
- \*\* NB as above, this is also subject to change and we will confirm this once the final announcement is made.

## Our Specially Curated Wellness Programmes

Over the past three months, Sen Wellness Founder, Sam Kankanamge, has treated a number of patients at our London Clinic who have had Covid-19. Many people who have had the virus have struggled with post-viral symptoms, which are physical, mental and emotional in nature. Our wellness programmes are targeted to help people overcome post-viral symptoms, as well as offering emotional support.

Retreats are also focused on strengthening vitality, and boosting the lymphatic, glandular and immune systems, supporting a strong foundation for health throughout the winter months.

While guests typically visit the Sanctuary for different reasons, the global pandemic has impacted many of us in similar ways – physically, mentally, emotionally, and spiritually. We recognise that collective fear, social distancing measures, and the sudden need to adapt to the significant, imposed changes to our personal and work lives, has overwhelmed many peoples' normal coping mechanisms.

We have carefully developed a special bespoke treatment programme for this unique context, addressing the impact of high levels of stress and anxiety and restoring you to full, vibrant health. Our Bespoke Retreats have always been tailored to the individual, and we are now offering additional, highly personalised treatments and sessions for enhanced support.

- Our wellness programmes combine Ayurveda, acupuncture and osteopathy.
- A combination of internal and external Ayurvedic treatments boost the lymphatic, glandular and immune systems. These include:
  - Therapeutic draining massages to stimulate glandular and lymphatic systems
  - Individually-prescribed herbal medicine, plus Ayurvedic teas to support the immune and glandular systems
  - Herbal inhales are used to cleanse the lungs and upper respiratory system
- Acupuncture and osteopathy/cranial osteopathy sessions with Sen Wellness Founder, Sam Kankanamge:
  - Acupuncture - every guest will have a minimum two sessions to stimulate glandular and immune systems. These are of course optional and if preferred can be substituted with alternative treatments
  - Osteopathy/Cranial Osteopathy – also effective for improving lung and respiratory functions, as well as immune system (only available when Sam is in residence)

- Therapists will be given additional training by Sam in Ayurvedic and osteopathic techniques.
- Bespoke Retreats of 7 days + will now include a private 1-1 yoga class and a 1-1 yoga therapy session with one of our highly experienced resident yoga teachers
- Spiritual Concierge Service: 1-1 spiritual guidance with Buddhist Monk, Venerable Nimal, helping to accelerate your journey to a higher level of consciousness, plus weekly group sound healing and meditation sessions
- Weekly group cacao and fire ceremonies, normally reserved solely for Signature Retreats
- 30-minute pre and post-retreat support session via Zoom with our Founder, Sam (for 7, 10 & 14-Day Bespoke Retreats)
- Personal check in with Sam for Bespoke Retreats of 10 days +.