

Louisville Zen Center Re-opening at HPWZ on May 25!

Our Heart of Perfect Wisdom Zendo (HPWZ) site will re-open with hybrid (in-person and virtual) Tuesday and Thursday evening sittings including tea beginning May 25, 2021. We're still investigating options for Sunday sits. Like at HPWZ, we'll have to comply with whatever covid protocols our host requires, but the goal is for Sundays to be for everyone regardless of vaccination status.

Before coming to your first in-person sitting at HPWZ, please carefully read the guidelines below:

1. The latest CDC guidance says fully vaccinated people can go without physical distancing and without masking in most indoor and outdoor settings. "Fully vaccinated" means it has been two weeks since your second shot of Pfizer or Moderna or your one-and-only shot of J&J.
2. If you are fully vaccinated, you may attend HPWZ in-person without a mask. If you are fully vaccinated, but still want to wear a mask, feel free to do so.
3. Sittings at HPWZ will be hybrid (in-person and virtual). Fully vaccinated or not, you may still attend online.
4. For fully vaccinated newcomers who have attended one of our online introductory workshops, contact the Center before attending your first in-person sit at HPWZ. We'd like to give you an orientation to the space and meditation equipment.
5. Enter the rear door, as usual. The first time you come, sign in with your name, vaccine type (Pfizer, Moderna, or J&J), and vaccination date of your second shot (Pfizer or Moderna) or single shot of J&J. We only ask that you give this information once. Please bring your vaccination card or a cell phone picture of your card for confirmation of your vaccination status.
6. If you have been exposed to someone who has tested positive for COVID, or if you have any COVID symptoms such as cough, fever, difficulty breathing, or loss of sense of smell, you are asked to attend online whether you are fully vaccinated or not. To keep everyone well, you are asked to attend online if you have symptoms of any other communicable illness, such as colds or flu.
7. HPWZ has been equipped with an air purifier capable of filtering both the zendo and dining room. Still, when attending in-person, please observe normal health and safety precautions such as covering your mouth and nose when sneezing or coughing as well as frequently washing hands.