

Sierra Tucson Alumni Retreat (S.T.A.R. 34) Covid Safety

We are grateful to be bringing the S.T.A.R. love in person this year, after many months of uncertainty with Covid. We know that the ability to gather in person has the potential to make a profound impact on all our lives, and we believe S.T.A.R. 34 is going to be the best retreat yet.

We would like to set the intention to gather responsibly. This means being mindful of S.T.A.R. 34 retreat safety guidelines as they relate to the current state of the Covid pandemic. These guidelines are in place so we can effectively take care of ourselves, our Sierra Tucson family, and our front-line workers. We encourage you to approach this unique situation with integrity and respect. We are not asking for vaccination status.

We are requiring masks in certain areas, to be worn covering both mouth and nose. Please see the schedule below for specific masking requirements. It is your choice whether or not you would like to wear your mask in situations where the event is not requiring masks. We ask that everyone have respect for the choices of others, and remember that you are empowered to quietly take care of yourself by leaving the area if you are uncomfortable.

In addition to the mask requirement, we will be giving you two wristbands (green and yellow) in your bag. These are to be worn to indicate your physical-distance comfort level. For example, someone who is okay with close proximity to others would wear the green band. Someone more cautious, who wants to maintain more physical distance when possible, would choose the yellow band. It is a simple way to indicate your comfort level when it comes to physical space.

Sierra Tucson philosophy is based on the respect of all. We know that this year's retreat can absolutely make an impact in our lives in a positive way if we remember to be respectful of all involved.

Activities highlighted below in **yellow** will require masking, except when eating or hydrating.

Thursday, October 21

10:00 a.m. - 5:30 p.m. **Registration & Bookstore open**

10:00 a.m. – 5:30 p.m. Time to relax, schedule a spa service, pool time, hiking, connect with others, etc.

1:00 p.m. - 2:00 p.m. Yoga Stretch

5:30 p.m. - 6:30 p.m. **Dinner**

6:30 p.m. - 8:00 p.m. **Getting Connected & Retreat Kickoff**

Friday, October 22

6:00 a.m. - 8:00 a.m. Hiking in the Catalinas

7:15 a.m. - 8:15 a.m. **Support Group Meeting & Meditation**

7:45 a.m. - 9:00 a.m. **Breakfast**

8:30 a.m. – 3:15 p.m. **Registration & Bookstore Open**

9:30 a.m. - 11:30 a.m. **Morning Presentation w/Dr. Jasleen Chhatwal**

11:30 a.m. Grab & Go Lunch

1:00 p.m. - 2:15 p.m. **Afternoon Presentation w/Dane Binder**

3:45 p.m. **Buses depart to Sierra Tucson**
***While on the Sierra Tucson campus**

6:00 p.m. **Buses depart to Westward Look Resort**

6:30 p.m. - 8:30 p.m. **Dinner & Presenters Michael & JoLae Shapiro**

Saturday, October 23

6:45 a.m. - 8:00 a.m. Nature Walk at Westward Look w/Raymundo

7:15 a.m. - 8:15 a.m. **Support Group Meeting & Meditation**

7:45 a.m. - 9:00 a.m. **Breakfast**

9:30 a.m. - 11:30 a.m. **Morning Presentation w/George Daranyi**

- 11:30 a.m. Grab & Go Lunch
- 1:00 p.m. - 3:00 p.m. Afternoon Presentation w/Kaila Moles, MA, LAC
- 3:00 p.m. - 5:30 p.m. Time to relax, schedule a spa service, pool time, hiking, connect with others, etc.
- 5:30 p.m. - 8:00 p.m. Dinner and Presenter Dr. Jason Schiffman

Sunday, October 24

- 7:15 a.m. - 8:15 a.m. Support Group Meeting & Meditation
- 8:30 a.m. – 10:00 a.m. Group Activity & Closing
- 10:00 a.m. - 11:00 a.m. Brunch

While in the Desert Room S.T.A.R. 34 Bookstore