



## **Healing Touch NZ Protocol – Covid 19 – March 19, 2020**

Kia ora Kotou

**In the light of recent developments of the Covid 19 virus, Healing Touch New Zealand has made the decision to cancel all courses throughout the country until September 1. From September 1 we will reassess the situation.**

### **HT Practice Nights:**

We would recommend that you do not continue with group gatherings. However we will leave that up to the individual areas to make their decisions. Christchurch has decided that there will be no further practice nights until further notice. All venues will need to be cancelled.

### **Website:**

We will put a message of the above decision on our website so that everyone can be informed and people can check in again in September for any updates.

### **2020 AGM:**

It may be we have a Zoom meeting for our AGM, which we are required to legally have. You will be updated in plenty of time.

### **Zoom:**

Zoom may be a way of having regular connections for folk in self- isolation in the future so that we can be reminded of the benefits of energy, our techniques for chakra balance to maintain healthy immunity and remembering how to stay light, positive and happy.

### **Meanwhile there are just a few options to maintain wellness02:**

- Practice daily meditation,
- Self-Chakra Connections, Spiral Meditation and Chakra Spreads.
- Sing, dance, play music loudly, laughter yoga and set up an at home exercise regime
- Walk, garden, stay physically fit
- Seek nutritional and supplementary advice from an expert for your wellness
- Regularly wash hands and work surfaces, self-isolate if you are unwell
- Love and care for each other in any way you can

Arohanui

Ian and Deb (Chair and Immediate Past Chair HTNZ)

