

March 13, 2020

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SHAMBHALA

To the International Shambhala Community -

The Shambhala Board, in consultation with sangha medical advisors, is closely tracking the course and impact of the COVID-19 (Coronavirus) pandemic. We extend compassion towards all who are affected directly by the pandemic through sickness, quarantine, scarcity, fear and stress.

We ask all center leaders and members to follow the guidance from your local public health organizations. Public health organizations in different parts of the world have different advice based upon the progress of the virus. Following the guidance of local public health officials is the best way to protect people in your community. We want to emphasize the importance of canceling public gatherings if recommended by your local, regional or national health department.

On Sunday, March 8, we sent a communication to all center and group leaders worldwide with web links to best practices for protecting yourself and your community. This website contains helpful information for best practices within your center, such as proper ways to disinfect surfaces and eliminating food handling. **For those centers who must cancel or postpone large gatherings, we recommend that all classes, meetings and programs be held virtually.**

We have also created a resource webpage where we will continue to share best practices and guidelines from the World Health Organization (WHO) and the US Centers for Disease Control and Prevention (CDC) as they become available:

- [Please click here to access Shambhala's Community Health resource page](#)
- [Please click here to access the WHO best practices](#)
- [Please click here to access the CDC's best practices](#)

If you are a center leader or program coordinator and have additional help or questions, please contact Cynthia MacKay by email at cynthiamackay@mac.com.

We will continue to be in touch with you in the weeks and months ahead to share what we know and do our best to support your community in its own response.

The Shambhala Board

Veronika Bauer

Mark Blumenfeld

John Cobb

Jen Crow

Susan Ryan

Paulina Varas

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- *Apologies that this letter is available only in English at the moment. Translations will be forthcoming.*
 - *Toutes nos excuses pour cette lettre uniquement en anglais pour l'instant. Une traduction en français sera disponible très bientôt.*
 - *Pedimos disculpas porque esta carta se encuentre sólo en inglés en este momento. Habrá una traducción disponible en breve.*
 - *Ci scusiamo che questa lettera è per il momento solo in Inglese. La traduzione di questa lettera è imminente.*
 - *No momento esta carta está só em inglês. Em breve a tradução estará disponível.*
 - *Entschuldige bitte, dass dieses Brief diesmal nur auf Englisch erscheint. Eine Übersetzung dieses Briefes folgt in Kürze.*
 - *Przepraszamy, ta wiadomość jest obecnie dostępna jedynie w języku angielskim.*
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Tłumaczenia pojawią się tak szybko i w tak wielu językach jak to tylko możliwe

- *Omlouváme se, že tento dopis je zatím pouze anglicky. Překlad tohoto dopisu bude následovat.*
- *Перепрошуємо, що цей лист наразі тільки англійською мовою — попросіть знайомого допомогти вам з перекладом.*
- *Приносим извинения за то, что данное письмо сейчас доступно только на английском языке — попросите друга помочь вам с переводом.*
- ད་ལྟ་ཡིག་འདི་དབྱིན་ཡིག་ཡོད་པ་མ་གཏོགས་བོད་ཡིག་མེད་པ་དགོངས་དག་ལྟ། ཡིག་བསྐྱར་རྒྱ་ལ་རོགས་པ་དགོས་ན་གྲོགས་པོ་ཞིག་ལ་བཀའ་དྲི་ལྟ་རོགས་ལྟ།

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