

COVID-19 and Keeping You Healthy

We will be continuing to monitor the Center for Disease Control (CDC) COVID-19 updates and keep you informed along the way as more details become available. Your health and safety are of utmost importance to our team. As a result, we have a small group of fewer than 20 people (including staff) who will be attending this year.

To make this journey as full of ease as possible, we will be following all current CDC-required COVID guidelines. These requirements are at your own cost, however we will support you in making the on-site protocols happen while in Mexico City and in Teotihuacan.

As our journey begins from the moment you sign up, we highly recommend travel insurance - here is one suggestion [Travelers Insurance](#). We recommend you pack at least 2 masks per day of our training in case you need to swap them out and that you also have a few extras.

Before we see you at the Mexico City airport on arrival day, each participant and staff member is required to be tested 72 hours before flying and stay quarantined during the time between testing and arrival at the departure airport. At this time, we are not required to retest upon landing, however please be prepared that additional screening may take place depending on current guidelines. We'll let you know as we get closer if any guidelines have changed.

Once we've landed, please wash your hands thoroughly (and change your mask if needed) after going through Customs so we get into our group transportation properly sanitized. We will travel to The Dreaming House and upon arrival, our luggage and bags will be sanitized before entering the rooms. Each participant will also have their temperature taken before being shown their assigned room.

While at The Dreaming House and during our entire training time, everyone will be required to wear masks while in common spaces and near others. The dining room is set up for social distancing and we will be the only group present on the grounds. All rooms are cleaned and sanitized daily. We will also have sanitation areas around for everyone to wash their hands often. Additionally, if anything should arise, official medical facilities for testing are available close to the Dreaming House while we are there. We will be asking all training participants and staff not to leave The Dreaming House grounds

except with our group to keep us in our bubble and as contained as possible from exposure to COVID-19.

After our training has come to completion, everyone is required to be tested before your return flight(s). Transportation from the Dreaming House to the airport is provided and will be scheduled to allow extra time at the airport for testing. All air passengers going back to the United States, including U.S. citizens, are required to get tested with a viral test no more than 3 days before your flight departs. The test result must be negative. Keep a copy of your test results with you during travel in case you are asked for them.

Mexico City Airport provides COVID testing at the entry to the terminal prior to checking in for your departure at your airline. You will have to pay for your test. Please allow extra time for testing and filling out the declaration form.

The CDC says travelers, regardless of vaccination status, should still self-quarantine for at least seven days following travel if they receive a negative COVID-19 test and experience no symptoms. If you have been vaccinated for COVID-19, FEMA has suggested bringing your vaccination card with you as you travel in case it is needed.

Thank you for following these guidelines and being part of our intimate group that will be going on this journey through Firewalk Certification together. Just like at a literal firewalk, we'll each have to take our own responsibility as a member of the collective group. We get to practice showing our love for others in each action we take to protect one another and create an environment where we can thrive and lead by example.