

Hello Dear Ones

A heartfelt note as the numbers continue to rise with covid and we transition from autumn into winter. Our holiday gatherings traditionally with family of origin, chosen family and/or friends are on the horizon and may look and be different this year. I wanted to share with you a little of what I'll be doing for the holidays both in November and December 2020.

I'll be limiting my exposure by spending time with my partner, our animals and nature. I'll continue to practice health and safety guidelines both inside and outside the home. Further detail and transparency about Root Down Healing Arts health and safety protocols are on my website, [Working Together](#) in the era of supergerms.

In honoring each of you, I'm asking all of you to continue to keep a similar practice for the holidays and gatherings in general; to keep your gatherings, if any, to your small covid bubble that was created at the beginning of the pandemic.

I understand and have compassion if this ask is not possible. There are many different situations happening for people. I then require if you are traveling, visiting family &/or friends or attending any gatherings outside your covid bubble, please book two weeks post any gatherings (Holidays or otherwise) especially during the months of November and the December 2020.

I truly value working with you and wish to keep everyone as healthy on all levels as we can in the midst of the pandemic and beyond.

Feel free to contact me with further inquiries. Looking forward to our continued work together.

**With Heart,
Heidi**