

Joining an on-line session



We use **Zoom** for our on-line sessions and joining in is quick and easy.



The Technical Stuff!

- You will be sent a link to click in order to join your zoom session (via email).
- Simply click the link and you will be taken to the Zoom site. If this is your first time joining a Zoom meeting then your PC or laptop will download the FREE software required. To save time you may wish to download the software before your session at <http://www.zoom.us>
- If you are joining the session via a SMARTPHONE you will need to download the zoom app first.
- On joining the meeting, follow the instructions on screen carefully and you will enter the 'waiting room'.
- Once the session is about to start, your teacher will admit you into the session from the waiting room.

You can check if your device is zoom-ready here:
<http://www.zoom.us/test>

Preparing for your session

Find a quiet comfortable space in your home with a good internet connection where:

- you won't be interrupted in for the duration of the session
- you have the space to lie down and also have some space around you for some simple movements
- you have access to chair or on a cushion on the floor
- you are well lit and visible
- you can position your device in front of you (hands free)

The sessions involve a mix of short guided Mindfulness meditation practices followed by the invitation to participants to reflect on their experience of the practice. **There is no obligation to speak online** – everything is invitational.

We sometimes encourage participants to share in smaller groups in what are called, 'break-out rooms' as well as sharing together as a whole group supported by your session teacher. Again, this is invitational and if you do not wish to join a 'break-out' room then this is absolutely fine.

At the end of the session there will be time to say goodbye and any last questions or queries that might have arisen from the session. The teacher will always be the last person to leave the Zoom session once all participants have left

Still Concerned?

If you have any concerns or questions about joining an on-line session then please contact our administrator who will be happy to help and advise you:

Email: contact@tenterdenmindfulness.co.uk