



Meditation Practice Group

Fridays, 3:50-4:50 PM

Thank you for leading the Meditation group and **creating a welcoming and inclusive atmosphere in a way that feels authentic to you.**

General Template – Feel free to share an inspiring teaching, poem or quote. Many participants appreciate a longer, mostly self-guided meditation in the 2nd part. There's something uniquely powerful about letting everyone feel each other's presence as we practice together. (People who want more guidance are welcome to attend my Thursday and Saturday meditation classes anytime.)

- **10 mins:** Arrival and hellos
- **10 mins:** Mindful Check-In (body, mind, emotions) and Breath Awareness meditation (deep breathing optional). Keep it simple, from the heart (or use my [7-min recording on Sound Cloud](#)).
- **3 mins:** Guided Mindful Movement- optional (can be self-guided yoga or walking meditation)
- **20-25 mins:** Sitting Meditation (quiet, self-guided)
- **10 mins:** Group sharing experiences, insights, etc.
- **1 min:** Closing sit & dedication

To Improve the Sound of your Bell in Zoom Meeting

Zoom is set up to suppress background noise, which cuts off the bell. To set up "Original Sound":

- Click the caret (^) next to the microphone icon to open the Settings window.
- Click on "Audio Settings."
- Scroll down to "Music and Professional Audio" and check the box before "Show in-meeting option to Enable Original Sound."
- Close Settings window.
- At the upper left of your Zoom screen look for "Original Sound Off." Click on the word "Off" to toggle "On." Before ringing the bell, turn on Original Sound to allow the bell sound to resonate. Turn off Original Sound to suppress background noise in your environment.



east bay yoga