

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 instruction 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:** Mindful Movement (Optional self-guided yoga, walking meditation, etc.)
- **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 suppresses background noise, including the bell. To set up "Original Sound":

- Click the caret (^) next to the microphone/mute icon to open the Settings window.
- Click on "Audio Settings."
- Scroll down to "Music and Professional Audio" and check the box "Show in-meeting option to Enable Original Sound."
- Close Settings window.
- At the upper right or left on 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