

PREPARING FOR YOUR ONLINE MEDITATION

I'm so thrilled you'll be joining me to collectively root in the transformative practice of meditation. My heart tells me that this will be a deeply meaningful experience for us all.

You will be learning potent tools that heal the mind and body and open portals to expansive self-knowing and heightened consciousness. There is no better use of our time than this.

Outlined below are some details to help guide you through the process.

We'll be meeting on Zoom

Please download the Zoom app rather than using it in your browser so that it remains up during the walking meditation portions of the class. We also recommend using wireless headphones if you have them so you may hear well during any movement meditations.

If it's your first time joining a session

We highly encourage you to download the program well in advance to ensure you have time to troubleshoot if problems arise.

Technical Questions?

If you are having difficulty, please consult this [Zoom](#) troubleshooting link. If you're still facing technical problems, please don't hesitate to contact us via **IG DM**.

Preparing the body

Please do not consume alcohol or recreational drugs on the day of class, as it affects energy and presence. I also encourage you to avoid eating a large meal before practice.

Preparing your meditation space

Taking your seat for meditation is an honouring of the practice and yourself. Be intentional and give yourself time to prepare. You can practice on a meditation cushion on the floor or on a firm(ish) chair. Keep bolsters close by in case you need. You may wish to prepare the space with images of wisdom teachers, mala beads, statues, incense, crystals or any objects or offerings that serve your practice.

****Make sure to let your housemates know that you'll be going deep into meditation practice and cannot be disturbed. Or – better yet, encourage them to join!**

PREPARING FOR YOUR ONLINE MEDITATION

Wondering what to wear?

We recommend that you wear comfortable clothing and have a light blanket or sweater available as body temperature can vary during meditation sessions.

Keeping notes

Please do what serves you best but do keep in mind that it can be distracting to your practice to take notes throughout. This is a deeply immersive process. I recommend that you take some time after the training to jot down meaningful awareness.

I will provide you with deepening questions throughout the training so please have a journal handy.

Deepening intention

It can be helpful to think about your intentions before we begin. Take some time to rest in your awareness and begin to ask:

- What draws you to meditation?
- What resistance are you holding to practicing?
- What are you ready to release?
- What are you ready to change?
- What are you ready to rise into?

Please contact me at any time if you have questions.

Love & Namaste,

Michele Kambolis

