

Before You Begin

Creating the ideal meditation environment for a zoom class.

Ensure you are not disturbed by friends, colleagues or family members for the duration of the class.

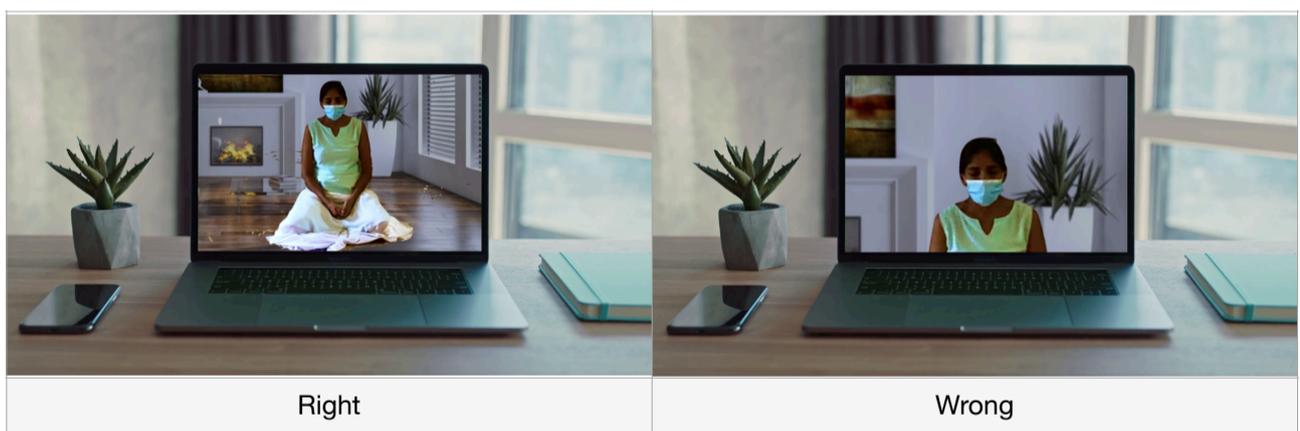
Meditation is usually practiced in a secluded and quiet environment. You can achieve this by closing your room door and placing a do not disturb sign for anyone passing by.

Please mute your device as you join the class. You will need to remain in silence for the duration of the class.

Ensure you can clearly hear the teacher and have your volume set high enough to be able to hear guided meditation instructions, which will be spoken softly.

We encourage you to sit on the ground and keep your webcam slightly higher than head level (unless you have an injury or disability). You must never meditate on revolving chairs or high stools.

Ensure your entire sitting posture is visible to the teacher as he may send you advice about your posture over email after observing the class. Your first name should be entered as you did in the registration form so that the teacher can recognise who each student is and send you an email when needed.



Structure of Weekly Live Class

The first class will begin with a 5 minute silent sitting meditation. After which, the teacher will provide pointers pertaining to the setups thereafter will talk on meditation and end with more guided meditation.

Subsequent classes will commence with a 30 minute guided meditation followed by a talk on meditation.

Evaluation and Personal Guidance

You can send in any questions you have to the teacher after the session using this link: <https://www.nirodharetreats.org/contact>

The questions will be answered by email or covered in the next session.

A key benefit of this program is access to the online meditation logbook entry form, which you can use to send a daily record of your practice to the teacher. The teacher will use these logs to provide guidance relevant to your individual practice until the program is over.