

# THE NEWCASTLE MEDITATION CENTRE

## **Just Meditation *Online***

The online meditation sessions we will be offering whilst the Meditation Centre is closed will be similar to the drop-in classes at the Centre, but with some adaptations appropriate to the medium. Meditating online won't be quite the same as meeting together in person, of course, but hopefully it will still feel worthwhile.

We will be using Zoom, a popular video conferencing application, in order to deliver our sessions. You will need an internet connected device, such as a smartphone, tablet or laptop/PC, and a reasonably good internet connection.

If you haven't used Zoom before we would advise you to get yourself set up in good time. If you need any help, just contact the Centre and Joana will offer some assistance: [meditate@newcastlemeditation.com](mailto:meditate@newcastlemeditation.com)

Give some thought to where you will be to 'attend' the session. As in real life, we would always recommend sitting a way that feels both alert and relaxed at the same time, whether that be on the floor or in a chair.

Try and choose a place where you can be reasonably certain you won't be disturbed or distracted for the duration of the session, and make sure everything is set up the way you want it, so that you can see your screen and hear clearly.

You will be able to log in anytime from half an hour before the start of the session, but let's try and maintain some quietness before the session begins, as we would before the beginning of a meditation session in real life. You might want to keep your microphone on 'mute' during the session to avoid accidentally disturbing others.

If you arrive late, that's ok, but please join the meeting silently – just as if it was at the Centre.

Each session will comprise an introduction, followed by one or two periods of silent meditation. There may also be time for us to share any thoughts or reflections.

We will end with a final moment of silence, during which people may wish to leave the meeting. At the Centre we often socialise and have refreshments after the sessions. We can't offer refreshments online, obviously, but we may be able to remain online for a little while after the session if anyone would like to chat.

All our online sessions are offered completely free of charge. We are grateful to all our supporters for any donations that will help ensure the future of the Meditation Centre. Please see the website for more information.

We hope you'll be able to join us!