



Online Meditation Timetable March 2020

At a time when social distancing is required, now more than ever it is important that we continue to keep connected and take care of ourselves. That's why we're now holding our Wednesday night **meditation class with Chiu Chi online - using the Zoom app.**

When: **Wednesday, 25th March** at 6:30pm

How: Download the Zoom mobile app **now**, from the App Store or Google Play store.

At around **6:15pm on Wednesday**, please follow these instructions to connect to the meditation 'meeting':

1. Open the Zoom app.
2. Join the meeting using one of these methods:
 - Tap Join a Meeting if you want to join without signing in, or
 - Sign in to Zoom, then tap Join.
3. Enter the **meeting ID number: 678 979 624** and your display name.
 - If you're signed in, change your name if you don't want your default name to appear.
 - If you're not signed in, enter a display name.
4. Select if you would like to connect audio and/or video and select Join.

If you have any issues using the Zoom app, please call Natalie on 0439 945 654 who will help you connect. We're looking forward to seeing you online!

The Healing Tree
21 Stuart St
Mosman Park WA 6012
P: 0488 919 009