

Meditation



Join Vera on Zoom
Tuesday and Thursday mornings 8:00-8:30am
For beginners and seasoned practitioners

@@@@

INSTRUCTIONS

Join group on Zoom, no later than 8am.

Meeting ID 718 6366 8509

Passcode MKU7sb

I will send you ongoing zoom link if you
email me at pkptherapy@gmail.com

Do quick, individual check-ins (optional)

Say an *intention or prayer*, for your day, or your life
or, a *short inspirational quote*, that you want to align with, or live by.

We will shut our eyes promptly at 8:05am,
A deep dive into the stillness and silence of life,
to enjoy this larger dimension of subtle energy,
that makes up the background of our lives.

We will open our eyes, at 8:25, at the sound of the bell.
Zoom ends 8:30 sharp. There may be just a few moments left,
to check back in.