

IF NEEDING TO MISS A CLASS or GROUP MEDITATION

- Please let me know in advance if possible.
- Since this is a 200 hour immersion/training, I am tracking attendance.

CLASSES

- The video and audio will usually be available the Monday or Thursday after your class on your course Home Page.
- Please take notes as you listen and either text or email me a copy of your notes.
- If there is a technique/exercise the group does together or in breakout groups, please record a short video—or audio is fine if appropriate—of you doing the exercise and text it to me.
- If the file is too large for texting, contact Darcey and she will help you upload it to google drive.

GROUP MEDITATIONS

- I don't record all Group Meditations so your first option is to attend another Group Meditation that week.
- If you are a mom, you have the option of the Central Moms group: Monday evenings at 5:00 pm PT / 7:00 CT / 8:00 ET

Group Meditations that meet the MITT content requirements:

- Moms Group 5:00-6:30 pm PT / 7:00 CT / 8:00 ET
 - Tuesday Evenings 7:00-8:20 pm PT / 9:00 CT / 10 ET
 - Wednesday Mornings: 8:30-9:30 am PT / 10:30 CT / 11:30 ET
 - Thursday Morning Women's 8:45-9:45 am PT / Noon CT / 1:00 ET
- If you can't make a group meditation, let me know in advance and I will try to remember to record for you. Recordings will be available for two weeks.
 - Please take notes and text or email me a copy of your notes.