**Guidelines for Online Mindfulness Classes:**

**TURNING POINT**

**TURNING…**

**T**urning off extra electronic devices upon logging into the class so that you are not distracted, unless using them for note taking.

**U**sing your class time effectively by actively listening and staying engaged.

**R**efraining from saying to others in class/chats, “I think you should do this,” and speaking instead from our own experience: “this worked for me when \_\_\_.”

**N**ot making hurtful comments: Treating everyone with respect.

**I**n your environment, keeping interruptions and distractions at a minimum: Ensuring privacy of your viewing location to maintain confidentiality.

**N**ot being late for class: Logging in on time and getting the most value from the class.

**G**roup discussions/chats: Not speaking of them outside class ‐ treating them as confidential.

**POINT…**

**P**ermitting other to speak at least 3 times before you speak again, if you are a frequent talker

**O**ptions: Meditative positioning ‐ customizing to your needs.

**I**mportant: Meditating daily to make the most of what we learn.

**N**o side conversations/chats: Avoiding them when class is in session.

**T**urning your video off (sometimes) if it feels more comfortable.

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