

## Getting Ready Session : Sunday March 15, between 4-5:30pm ET

We will hold a technology setup session to practice logging in Zoom. Drop in anytime during the session; it should only take a few minutes barring any problems.

You can join a Zoom meeting from a computer, mobile phone, or landline (long distance charges may apply).

### To Join a Meeting by Computer:

- Click on this meeting link <https://zoom.us/j/611168843>
- If you have never used Zoom, you will be prompted to download a Zoom "plug in". This takes just a few seconds. Once it is downloaded you will be prompted to click on the Zoom launcher to activate.
- Follow the prompts to connect your audio and video.
- We encourage you to watch this tutorial if you have any questions:  
<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting-?zcid=1588>

### To Join a Meeting by Phone:

- **Dial:** +1 (929) 205-6099 Long distance charges may apply depending on your telephone plan.
- **Enter Meeting Number:** 611 168 843.
- **Press the # Key** when asked for a participant ID (you do not need one).
- You should automatically be connected.

### To Use Mobile App on iphone or android:

- Download free app
- Open app
- Enter meeting ID: 611 168 843
- Choose with or without video

If you have difficulty during the practice run, someone will be online to assist you. However, if you are unsuccessful in logging or calling in during this session, please send an email to: [opsdirector@imeditation.org](mailto:opsdirector@imeditation.org) and someone will get back in touch with you as soon as possible (within 24 hours).

With lovingkindness,

The teachers, board and staff of IMCC

Insight Meditation Community of Charlottesville

