

Thank you for registering for **The Wakeful Body Course** with Lama Willa Blythe Baker. Besides the Zoom link, this document contains important information on the Zoom environment and how to participate in the course. *Please read it carefully.*

All times are Eastern Time. Please adjust the schedule to your time zone. Please remember that we will spring ahead to Eastern Daylight Savings Time on March 13.

ZOOM LINK

- If you are **new to Zoom**, please see the Zoom Tips at the end of this letter.
- If you are an **existing Zoom user**, it is important that you have the most recently updated version of the Zoom application on your device or you will not be able to enter the Zoom room. The latest version is available here: <https://zoom.us/download>.
- **The Zoom platform will open 15 minutes prior to each day's start time.** Please join the session a minimum of 5-10 minutes *before* its start time so that we don't overload the servers.
- If you have **problems with Zoom** during a session, please email wonderwell.tech@gmail.com for assistance.

The Zoom link is below. It will be the same for the whole course, so please save it somewhere safe where you can find it quickly and easily! You may want to send it to your calendar, where you can go right to it each week. You might also want to paste it into a Word document if that will be easier to store. **The Zoom link is also available in your user account.**

Natural Dharma Fellowship is inviting you to a scheduled Zoom meeting.

Topic: The Wakeful Body Six-Month Course

Time: Mar 1, 2022 03:00 PM Eastern Time (US and Canada)

Every week on Tues. from March 1, until Jul 26, 2022

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://us02web.zoom.us/meeting/tZApC0-prjMsGdLfCrZwv7lF1a_Raw-3mmEA/ics?icsToken=98tyKuGsqjwsG9SdthqBRpwIBo_CM-vziFxdjadxmjz3OTdFNQ_QZ-N9ALNoXYvd

Join Zoom Meeting

<https://us02web.zoom.us/j/84476108636?pwd=RnlSZHEyNnJvVmRaeld0UUINUIIMQTO9>

Meeting ID: 844 7610 8636

Passcode: 549545

One tap mobile

+13126266799,,84476108636# US (Chicago)

+16465588656,,84476108636# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)
+1 346 248 7799 US (Houston)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 844 7610 8636

Find your local number: <https://us02web.zoom.us/j/kczQhWfw3F>

USER ACCOUNTS

The user account feature of our website provides a secure place where materials from your retreats can be posted and accessed. If you don't have an account already, you'll want to set one up as soon as you can.

- **Paid resources** – retreat recordings and other retreat materials – will only be available in the dashboard of your user account.
- If you haven't already created an NDF user account, **please visit our website** to [Create an account](#) as soon as possible.
- **User accounts are manually synced** with the retreat 7–10 days after the retreat. *Please be aware that this does not happen automatically with registration. It is a separate, manual operation.*

Please visit the [Technical FAQ page](#) on our website for useful information about user accounts, helpful tutorials, as well as answers to many other questions. You can contact support@naturaldharma.org with questions about your user account.

DURING THE RETREAT

Schedule

We will be meeting every Tuesday from 3:00 to 4:30 pm Eastern Time

Please use this [time-zone converter](#) to determine the start time at your home.

- Monthly Live Instruction on the first Tuesday of the month
- Live Guided Meditation Practice on the other Tuesdays of the month

Resources

The primary resource for the course is Lama Willa's book, *The Wakeful Body: Somatic Mindfulness as a Path to Freedom*. The attached syllabus contains suggestions for reading and practicing for each week of the course. There are also questions to discuss with your Home Group each month, as well as supplemental books that, while not required, provide further paths of exploration. Audio meditations are available on demand on [SoundCloud](#). Check your user account for yoga modules.

The course sessions will be recorded and the recordings posted your User Account. We have a wonderful volunteer editor who prepares the recordings for distribution. We can't

guarantee exactly when the files will be available, but they'll be posted as soon as we can prepare them. We're grateful for your patience!

Home Groups

Lama Willa has designed the course with the understanding that the energy and support that comes from small-group interaction will be of great value during the months that we will be together. With that in mind, your Home Group will meet together on a monthly basis throughout the course.

Calling on Your Generosity

In Buddhist traditions, generosity is a key principle cultivated on the path to awakening. Out of gratitude for teachers and their kind instruction, students may offer financial support to them or to the retreat center that works to continue the propagation of the Dharma. If you feel moved and are able to express your gratitude in this way, we warmly invite you to do so by visiting our [donation page](#). Using the Event Donation tab, please enter the name of the course in the top box. **Donations to teachers** should be indicated **in the NDF Lamas and Assistant Teachers box**. If you'd like to **donate to Wonderwell itself**, that donation can be entered in the **For NDF and Wonderwell Overall Support box**

ZOOM TIPS

IMPORTANT NOTE: Please test the Zoom link soon after you receive it to avoid last-minute connection issues when there may be no one available to assist you.

Key Points for Using Zoom:

- If you are new to Zoom – download Zoom onto your computer or device. *Do this well before the retreat begins!* Use the following link to access the free download: <https://zoom.us/download>
- You *must* download the Zoom App, but you do *not* need to sign up for a Zoom account to participate in the retreat.
- If the Zoom link does not work directly, you can copy and paste it into your web browser.
- The best possible conditions for wi-fi will create the best experience for your Zoom meeting. If necessary, you can set up your retreat space close to your router or with a direct ethernet connection to your computer.
- It would be wise for you to download the Zoom app to your phone or tablet if you have that option available, and forward the Zoom meeting link and password to that second device. That way, you can easily switch devices if necessary.

Zoom has a large library of videos and instructions on how to use various aspects of the site. Here is the link to their support information: <https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>

If you have any questions about the above information, please contact the registrar at retreats@wonderwellrefuge.org.