

Center for Mindfulness, Compassion and Resilience

House Keeping & Ground Rules

You will all be on mute when the convening begins and while instruction is happening. This is just to ensure that we have as least distractions as possible. Please stay on mute until otherwise noted.

For questions and comments: We will use the hand raising function located at the bottom right of your window as well as the chat box. Please type or question, response, or comment and one of our Center Staff will make sure to periodically check it and read those.

- **This class is being recorded for future use on the website.**
- Participate to your own individual comfort level.
- This is not a support group format.
- We will confine our observations to what is going on here, now, in the practice.
- We drop credentials, positions, titles at the door; we experience the practice as equals.
- Positive health change takes time and practice; you are encouraged to continue engaging in meditation and mindfulness on your own.
- Come to practice with an open mind, without expectation. Have a healthy level of skepticism.
- You are welcome to pop in and out of the session.
- If you have further questions, please email mindfulness@asu.edu

