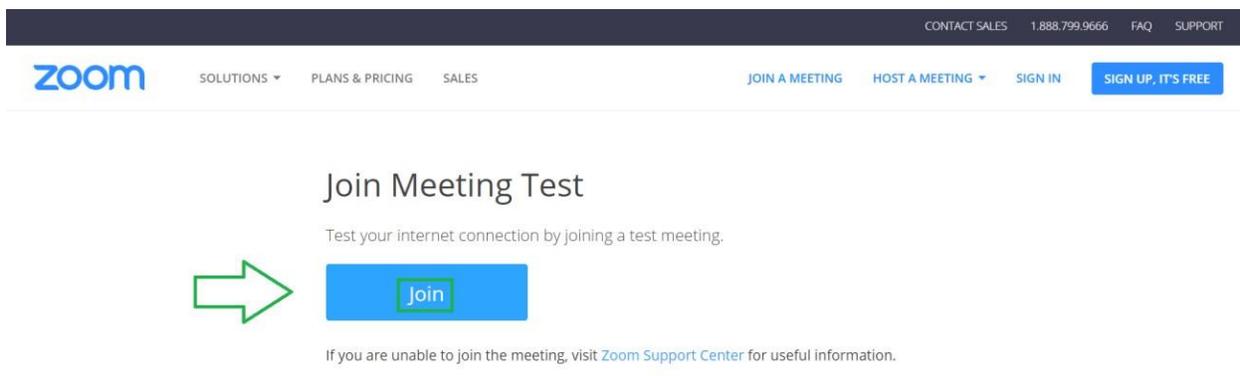


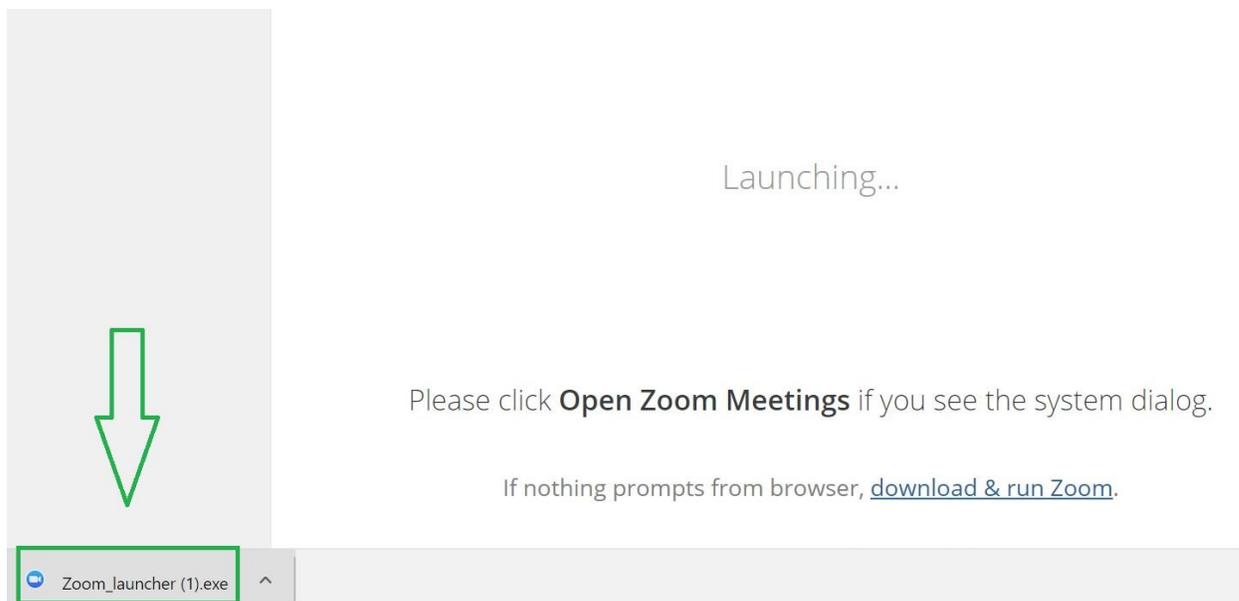
INSTRUCTIONS

Installing Zoom

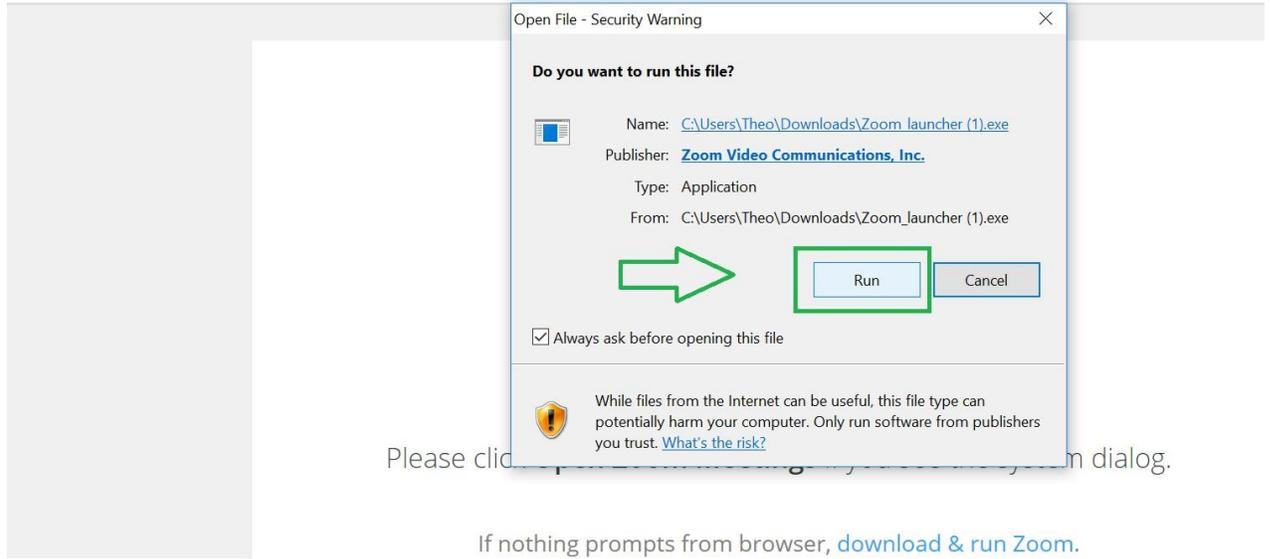
1. Open the web browser of your choice (Chrome, Firefox, Safari, Explorer)
2. Click on the following link or Copy and Paste the link in your browser: <https://zoom.us/test>
3. Click on “Join”



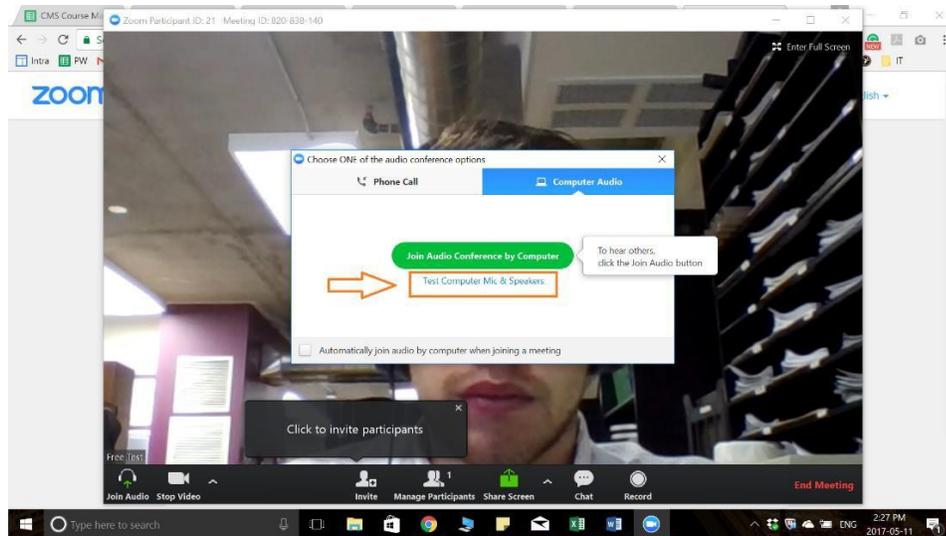
4. Click on Zoom_launcher or click on download & run Zoom



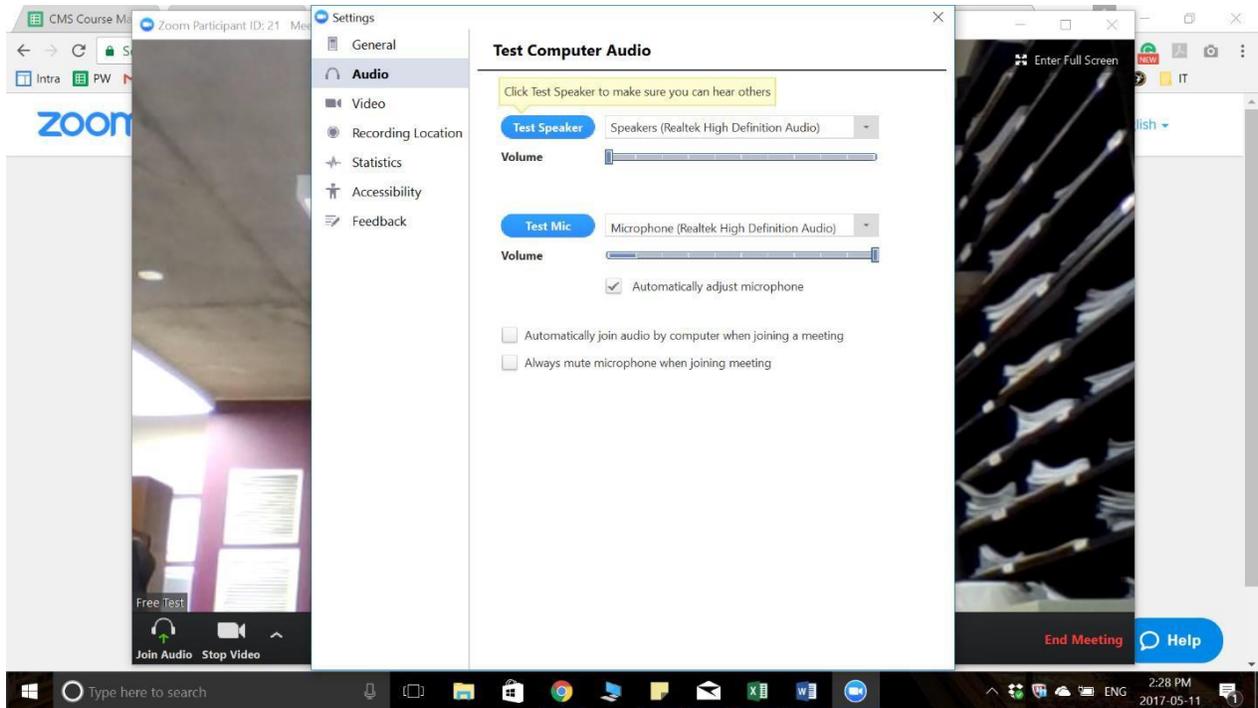
5. Click on Run



6. Click on "Test Computer Mic & Speakers"

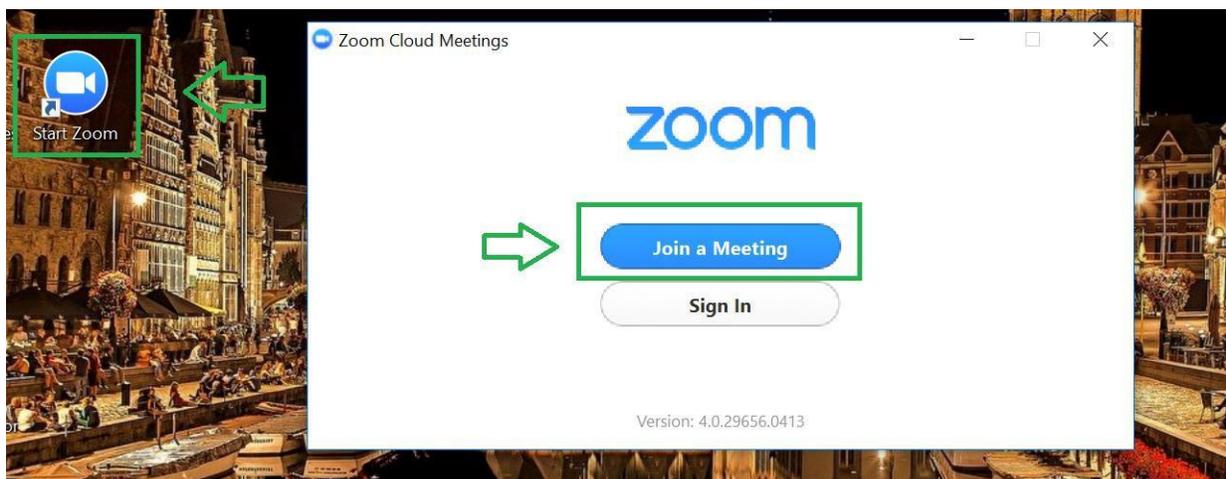


7. Click on “Test Speaker” then on “Test Mic” to make sure the audio works



8. Launch Zoom by clicking on the Zoom icon on your Desktop

9. Click on “Join a Meeting”



10. Type the Meeting ID (previously sent to you by The Centre for Mindfulness Studies), then click on Join.

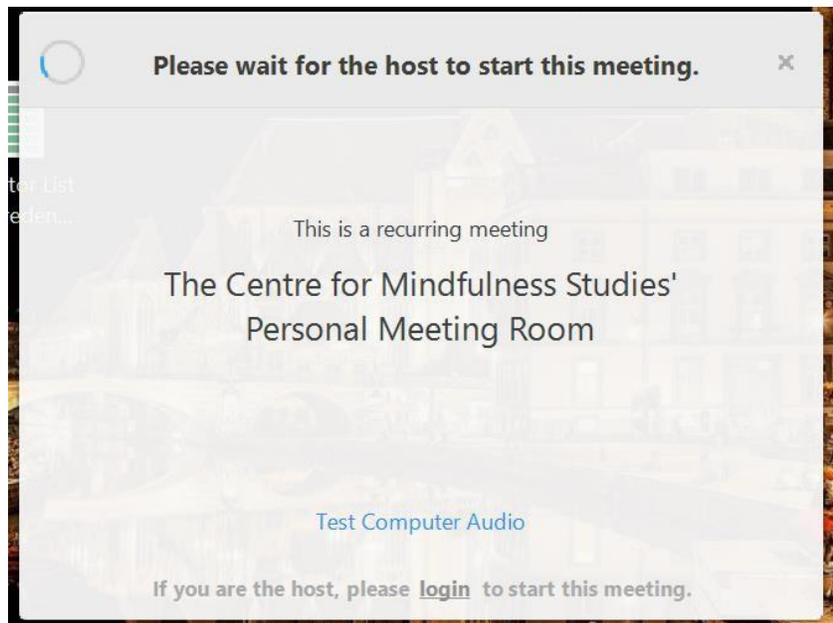
Join a Meeting

Your meeting ID is a 9, 10, or 11-digit number

Join

[Join a meeting from an H.323/SIP room system](#)

11. You're now joining the online program



If you have any questions, please contact Theo Amory at online@mindfulnessstudies.com or via phone at 647-524-6216