



Interactive Sangha Meetings

Approximate Schedule and Timeline

Sundays and Thursdays at noon Eastern time (ET)

~11:45 AM

Arrive & settle into silence

The host joins early. Early arrivals meditate silently together until noon.

12:00 PM

Welcome & grounding

Gently ground in the body & breath and present moment, followed by introductions and announcements. We aim to stay in the body & breath for the rest of the Sangha.

~12:05 PM

Student-led meditation

We offer the floor for any student who wants to practice guiding the group in meditation, with a five-minute timer using a Tibetan bowl or chime. If the leader has not finished guiding before the timer dings, they should wrap up within a few seconds of hearing it.

~12:10 PM

Feedback for the Student Who Led the Meditation

The host invites everyone to write 1-3 words in the chat about how they feel right now.

The host offers the student who led the meditation optional private, anonymous feedback. If the student opts in, the host posts <https://meditationuni.org/feedback> in the chat and gives attendees 1-2 minutes to share 1-3 sentences of kind, constructive feedback, support, tips or their experience. Anonymized feedback is sent privately to the student.

~12:15 PM

Community Sangha

Break into groups of 2-4 for low-pressure meditation guiding practice and connection. Start by asking how much time each person has.

Guest Teacher Sangha

Interactive guest meditation, discussion and Q&A with student questions, until about 12:45-1:00 PM. Breakouts follow; the agenda stays flexible.

In the breakout rooms

Practice guiding others in meditation in a low-pressure environment and connect with fellow teachers. Take strength in knowing you're not alone on this path; we're all doing this together. Whoever has the least time may guide first, if they wish. Rooms are open-ended, with no formal return.