



AMERICAN MEDITATION INSTITUTE

Bringing Yoga Science to Life

AMI'S SUNDAY MEDITATION WILL BE HELD ONLINE ONLY

(until further notice)

**Please Take A Moment To Read Below
and Get Instructions on How to Participate**

OUT OF AN ABUNDANCE OF CAUTION

The health and well-being of our AMI community is of the utmost importance. Accordingly, AMI is taking a proactive approach regarding COVID-19 (Coronavirus) and will be streaming Sunday Meditation online. We are monitoring the situation closely and following the guidelines from the Center of Disease Control (CDC) to reduce the spread of the virus. **Until further notice, Sunday Meditation will take place online only. No one will be permitted to attend in person.**

INSTRUCTIONS FOR ATTENDING ONLINE

Below are instructions on how to access AMI's meeting room from your computer. If you are attending using a tablet or mobile device, you must first download the free Megameeting app from your app store.

Megameeting App Information

Meeting Name: meditation

Meeting Domain: ami.megameeting.com

Meeting ID: 872-1097565

To join the meeting now, click here: [meditation](#)

AMI's online meeting room can be accessed at any time so we suggest you try to log in after reviewing the instructions below. If you experience any problems, please call us so we can troubleshoot the problem in advance of the meditation on Sunday.

On Sunday, **at least ten minutes before the meditation is scheduled to begin**, use this link: [meditation](#) or complete the following steps:

1. Type the following into the URL bar: ami.megameeting.com
Do not use the HTTP:// and do not use www.
Simply type in ami.megameeting.com
2. Click on GUEST.
3. For MEETING NAME, type in **meditation** or use the drop-down menu for the same purpose.
4. Type in your **NAME** and click **NEXT**

For Camera and Microphone:

*If a menu appears automatically asking you to ALLOW the camera and Microphone access, choose **ALLOW**. This will open your camera and you may see your picture on the screen. Regardless of whether the menu appears automatically or not, **click the middle box in the upper right corner of your screen (AUDIO/VIDEO SETTINGS)**.*

Once the menu appears, check to see if the **ENABLE VIDEO/WEBCAM** is checked. If it is not, then check it and your camera will appear and you will see your picture on the screen. As a general rule, everyone **UNCLICKS** and deactivates the **ENABLE VIDEO/WEBCAM** during the meditation.

If you have any questions, please contact us by phone — (518) 674-8714 or e-mail ami@americanmeditation.org.

LEARN MORE

AMI SUNDAY MEDITATION

SUNDAYS, 9:30 - 11:00am EST
via Computer Distance Learning only