



Welcome to Pine Street Sangha

Logistics of Meditation Groups



**Thank you for
joining us!**

- **The front door is usually open** about 10 minutes before sitting begins. Please leave shoes on the shelf by the entry (help yourself to slippers from the basket if you would like). If you arrive a few minutes early, you will have time to settle in, make a cup of tea, etc. We try to start the group on time.
- **Zafus, sitting pads and backjacks** can be found behind the couch. There are blankets in a basket in the corner near the kitchen.
- **Tea may be brought into** the meditation area. Food should be eaten in the kitchen area only. Please turn off any electronic devices that make disruptive noises.
- **Our time together usually begins** with a short dharma talk or discussion. Following that, we sit for 30-40 minutes, followed by approximately ten minutes for reflection and journaling about your meditation. The remainder of our time is used for individual reflections with the group leader for one or two participants who would like to further explore their meditation experience.
- **We do not hold scheduled breaks.** If you need to use the restroom or would like to make a snack, please use the time allotted for written reflection, or move about as quietly as possible.
- **Please rinse tea cups** and place in the dishwasher at the end of our sitting time.