

Thank you for registering for **Primordial Resilience**, an online retreat January 23 & 24, 2021 with Lama Willa Miller. Besides the Zoom link, this email contains important information on the Zoom environment and how to participate in the retreat. *Please read it carefully.*

All times are Eastern Daylight Savings Time. Please adjust the schedule to your time zone.

BEFORE THE RETREAT

Key Points for Using Zoom:

- If you are new to Zoom – download Zoom onto your computer or device. *Do this well before the retreat begins!* Use the following link to access the free download:
<https://zoom.us/download>
- Existing Zoom users — for security reasons, **it is important that you have the most recently updated version of the Zoom application on your device or you will not be able to enter the Zoom room.** The latest version is available here:
[https://zoom.us/download.](https://zoom.us/download)
- You *must* download the Zoom App, but you do *not* need to sign up for a Zoom account to participate in the retreat.
- The best possible conditions for wi-fi will create the best experience for your Zoom meeting. If necessary, you can set up your retreat space close to your router or with a direct ethernet connection to your computer.
- It would be wise for you to download the Zoom app to your phone or tablet if you have that option available, and forward the Zoom meeting link and password to that second device. That way, you can easily switch devices if necessary.

Zoom Link for the Program

To join the online retreat, click on the Zoom link below. The Zoom platform will open 30 minutes prior to each day's start time.

Please join the session a minimum of 5-10 minutes *before* its start time so that we don't overload the servers. If you experience technical difficulties during the session, communicate with the Zoom host by using the Chat function at the bottom of the screen. Outside of the sessions, you can contact wonderwell.tech@gmail.com. We will check that email as often as possible.

In the event of a Zoom crash or an internet or power problem, the Zoom host and retreat staff will have your contact information and will be in touch by email or phone to let you know how to proceed.

Please click the link below to join the Zoom sessions

IMPORTANT NOTE: If this Zoom link does not work directly, you can copy and paste it into your web browser. Please test the Zoom link soon after you receive it to avoid last-minute connection issues when there may be no one available to assist you. *Please save this link somewhere safe where you can find it quickly and easily! You may want to send it to your calendar, where you can go right to it when the day arrives.*

Natural Dharma is inviting you to a scheduled Zoom meeting.

Topic: Primordial Resilience- Lama Willa Jan 23-24, 2021
Time: Jan 23, 2021 09:00 AM Eastern Time (US and Canada)
Every day, 2 occurrence(s)
Jan 23, 2021 09:00 AM
Jan 24, 2021 09:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.
Daily: https://us02web.zoom.us/meeting/tZwocuihpjsrHdNGZ7dqS1GmkcfxagZmkNeX/ics?icsToken=98tyKuGqgz4rE9yVsR6ARpw-GY_4d_PxiGJcggdzuyWyBzFqMyT7PeFEKrN4KtXb

Join Zoom Meeting

<https://us02web.zoom.us/j/88551980177?pwd=Zm1ZZWcvUWFxcIVUZEp2Qml0ZHRkZz09>

Meeting ID: 885 5198 0177

Passcode: 099822

One tap mobile

+13126266799,,88551980177# US (Chicago)

+16465588656,,88551980177# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 885 5198 0177

Find your local number: <https://us02web.zoom.us/u/kdUIGHceP8>

Zoom Tips

Zoom has a large library of videos and instructions on how to use various aspects of the site. Here is the link to their support information: <https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>

ON OUR NEW WEBSITE

With the launch of our new website (www.naturaldharma.org), an exciting feature is now available to you: an **individual User Account with a personalized dashboard** where the resources from all of your retreats are available in one, convenient location.

For example, the Zoom link for a retreat will be stored in your user account so you can locate it easily on the day of the retreat. After the retreat, you'll find the link to recordings (once they are edited), as well as any other resources the teacher might have provided for the retreat.

Please note: After Feb. 1, 2021, retreat recordings and other retreat materials will only be available through your dashboard. We will no longer be sending out end-of-retreat emails with links to retreat recordings, although we will continue to send the Zoom link directly to you before the retreat.

Creating a user account is easy— If you haven't already signed up for a user account, we encourage you to do that as soon as possible. Please visit the ["Create an account"](#) page on our website. This page contains all the tools and info needed to set up an account.

Once you have signed up, you can [go to the login page](#) to access your paid resources. Logging in will take you to your personal dashboard where links to pre-retreat resources (when available) will be posted three days before your retreat begins and recordings and post-retreat resources will be posted within one week of the date recorded. All paid resources will remain there indefinitely.

Please be sure to check your user account before your registered event for any updated information. You may contact support@naturaldharma.org with questions about your user account.

Helpful Hint:

Access to your user account begins on the homepage of our website www.naturaldharma.org. In the upper right corner, you'll see one of two things that indicate whether you are logged in or not...

- You are logged **IN** if you see "My Dashboard" and "Log Out" links in the upper right corner.
- You are logged **OUT** if you see "Create an Account" and "Log In" links in the upper right corner.

From there, you can take the appropriate action for accessing your dashboard.

DURING THE RETREAT

Schedule

All times are U.S. Eastern Standard Time. Please use this [time-zone converter](#) to determine the start time at your home.

Saturday & Sunday

9:00 – 11:00 am	Teaching and Practice
11:00 am – 2:00 pm	Midday Break
2:00 - 3:00 pm	Yoga Break
3:30 – 5:00 pm	Teaching and Practice

All times subject to change.

Noble Silence

In order to let the meditation practices of retreat permeate our lives as much as possible, Lama Willa asks all retreatants to maintain "Noble Silence" as much as they can wherever they are staying. This means avoiding idle chatter, only speaking as needed for practical needs at home. Otherwise, maintaining the discipline of practice.

Calling on Your Generosity

In Buddhist traditions, generosity is a key principle cultivated on the path to awakening. Out of gratitude for teachers and their kind instruction, students may offer financial support to them or to the retreat center that works to continue the propagation of the Dharma. If you feel moved to express your gratitude in this way, we warmly invite you to do so by visiting our donation page at <https://naturaldharma.org/donate/>. **Using the Retreat Dana tab, please enter the name of the retreat and the teacher in the top box, and your donation amount in the "For NDF Lamas" box below.**

If you have any questions about the above information, please contact the registrar at retreats@wonderwellrefuge.org.