



Class Guidelines

1. Plan to arrive 5-10 minutes early so you can be in your seat for the beginning bell.
2. Please maintain silence after leaving your car. This helps maintain a quiet atmosphere for the evening that benefits us all.
3. Remove shoes upstairs and put them on the shoe shelf in the hall. The one bathroom in the house is upstairs (follow arrows).
4. Turn off all cell phones prior to class (unless emergency situation) and leave them upstairs.
5. Leave pocketbooks, etc. upstairs in the corner to the left of the basement doorway, and hang jackets or coats on hooks along the basement stairs.
6. Refrain from moving during the sitting periods, unless absolutely necessary. And then move slowly and attentively.
7. If you need to leave early, plan on leaving either during the walking period, or after the second round of sitting. Let Padme know before class.
8. If anyone shares personal information about him/herself, keep it confidential.
9. No food or drink in the sitting room (except bottled water)
10. If you are late to class, please enter quietly and join the sitting. As long as Padme expects you, a chair or cushion will be in place when you arrive.
11. Please bring used water bottles home with you and recycle.
12. Oneness Blessings are a gift from the Divine in whatever form you experience the Divine, and are completely optional at the end of our sitting time. The Blessing is an assist in the awakening process, and each person draws to him or herself what is needed at the time of each Blessing received. You may make specific requests or intentions for the Blessing or simply be open to the Blessing being perfect for you at this time.

