

# Virtual Daily Group Sitzings

Dear Old Students,

Goenkaji emphasised that daily sittings play an important role in producing the beneficial effects of Dhamma in our day-to-day life. The virtual group sitting program has been designed to provide motivation and support to old students in keeping up with their daily practice.

In this program, you are 'virtually sitting' and meditating with fellow students and gaining strength from each other on a daily basis. When many meditators practice the same technique at the same time, it gives tremendous support and encouragement to all the participants. Although this program is particularly helpful for the old students who find maintaining their daily practice a challenge, it is also very helpful for the well established meditators.

All old students are welcome to participate in this flexible and user friendly program to strengthen their daily practice. It has been designed to give you the flexibility to join late or leave early without worrying about disturbing the other meditators. These virtual daily group sittings are complementary and not a replacement for the existing weekly and monthly group sittings that are already happening in your communities.

If you wish to participate in this program, please click on the following link to register in the Virtual Daily Group Sitting program:  
<https://bit.ly/virtualregistration>

Once we receive your information, all the necessary details about the program will be sent to you including timings of the virtual daily group sittings, various ways of connecting to these daily sittings etc.

With Mettā

Virtual Daily Group Sitting Coordinator