

# Practical tips for Dyadees

to help you get the most out of your session:

- Make sure you have a good internet connection
- Download the **zoom app** to your computer (see link after signing in)
- Test your video and audio setup, including headset/mike
- Download and install the **Insight Timer app** to your phone and program the 8 times 5 minutes (40 minutes total for the Dyad)
- Make sure to make time for the entire session (1.15 hour)
- Create a **sacred space**, burn incense, light some candles etc.
- Make sure your loved ones (people and pets!) know that you are not to be disturbed during this time. You can print out the IN DYAD - Do Not Disturb sign ( see below ) and put it on your door 😊
- Go to the bathroom before session
- Make sure you are not hungry, thirsty or tired during the session
- Try to keep background noise to a minimum. Click the mute button if noise is not avoidable
- Stay curious 😊

