

Meditative Card Night with Shira Oz-Sinai:

Helpful Info

Preparing for the Meditative Card Night

- Plan to join Zoom via computer or tablet, not with a phone. We navigate to various browsers during our time together, and it's easiest on a computer or tablet.
- Log into Zoom up to 15 mins before our start time to say hi, connect with others, and check that everything is working properly. Once the event begins, I will not be able to help with technical issues.
- The link to Zoom is in the automated confirmation email and reminders, the last of which is scheduled to arrive in your inbox 1 hour before the event. Don't see it? First, check your spam. Second, email me up to 15 minutes before we begin. Once we start, it's unlikely that I will check my email or have time to respond.
- Have a journal or notepad and pen for your reflections.
- Have a glass or bottle of water to drink during the session.

During the Meditative Card Night:

One of the highlights of the Card Night is picking oracle cards from various online decks. This requires the use of a web browser separate from the Zoom session.

- I will introduce each card deck and offer a question or intention to sit with as you pick a card.
- I'll share my screen with you and show you what the webpage looks like, how to access the card deck, and how to draw a card.
- Then, I will post the link for the card deck in the chat box.
- You will have a few minutes to follow the link, pick a card, contemplate its message, and journal, draw, or reflect on any insights. Most card decks have an image along with text.
- You may wish to leave the web browser open to look at it again later.
- You may also find it helpful to take a screenshot of the card on your computer or phone. Find out which keys to press on your computer and test it out before the event, or have a phone nearby.
- To return to the Zoom screen and our session, find the Zoom icon on your homescreen or the icon menu at the bottom of your computer screen.
- If you haven't navigated back and forth to Zoom from other web browsers and wish to be certain you know how to do this, join the Card Night 15 mins ahead of time and ask to test this function.
- After the event, you'll receive an email with the resources shared during the event, including the card decks. So if you didn't have the chance to pick a card during the live event or if you wish to return to these decks throughout the season, they'll be available to you.



Looking forward to sharing this special event with you.

♥ Shira