

Due to the interactivity of the event, places are limited to 100 and will be allocated on a first come, first served basis.

By joining this online meditation class, you understand and agree that you are doing so at your own risk. The IIL is not liable, under any circumstance or in any way, including but not limited to limitations of video instruction, the failure of the student to use proper technique or to provide a safe space for practice.

This class will be hosted on Zoom. Please familiarise yourself with their T&Cs and Privacy Statement.