

INSTRUCTIONS Installing Zoom

- 1. Open the web browser of your choice (Chrome, Firefox, Safari, Explorer)
- 2. Click on the following link or Copy and Paste the link in your browser: <u>https://zoom.us/test</u>
- 3. Click on "Join"

						CONTACT SALE	S 1.888.799.	9666 FAQ	SUPPORT
zoom	SOLUTIONS -	PLANS & PRICING	SALES		JOIN A MEETING	HOST A MEETING 👻	SIGN IN	SIGN UP, IT	'S FREE
		Join Me	eeting Test						
		Test your inte	rnet connection by joining	a test meeting.					
	\Box	Jo	in						
		If you are unab	le to join the meeting, visit Zo	oom Support Cente	r for useful inform	nation.			

4. Click on Zoom_launcher or click on download & run Zoom

	Launching
	Please click Open Zoom Meetings if you see the system dialog. If nothing prompts from browser, <u>download & run Zoom</u> .
Zoom_launcher (1).exe	

5. Click on Run

zoom	
	Open File - Security Warning X
	Do you want to run this file? Image: C:\Users\Theo\Downloads\Zoom launcher (1).exe Publisher: Zoom Video Communications, Inc. Type: Application From: C:\Users\Theo\Downloads\Zoom_launcher (1).exe Image: C:\Users\Theo\Downloads\Zoom_launcher (1).exe
	While files from the Internet can be useful, this file type can potentially harm your computer. Only run software from publishers you trust. What's the risk? Please clid

6. Click on "Test Computer Mic & Speakers"







- 8. Launch Zoom by clicking on the Zoom icon on your Desktop
- 9. Click on "Join a Meeting"



10. Type the Meeting ID (previously sent to you by The Centre for Mindfulness Studies), then click on Join.

Join a Meeting



11.



If you have any questions, please contact Theo Amory at online@mindfulnessstudies.com or via phone at 647-524-6216