

@2:50 Insight Agency

See how your clarity, resilience, & focus improve the world.

Reboot your mind in ten minutes @2:50 live online today.

Free and open to everyone, everywhere, every day.
No registration and no previous experience needed.

EUROPA

@2:50 pm Helsinki

6:20 pm Delhi

9:50 pm Tokyo

12:50 pm London

7:50 am New York

ATLANTICA

@2:50 pm New York

7:50 pm London

1:50 pm Mexico City

11:50 am Los Angeles

9:50 am Honolulu

PACIFICA

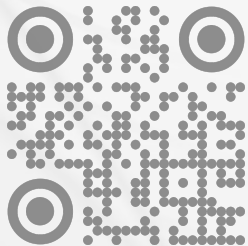
@2:50 pm Los Angeles

5:50 pm New York

4:50 pm Mexico City

12:50 pm Honolulu

7:50 am Tokyo



@2:50 is a daily ten-minute, silent mindfulness practice shared free with the world. Created at MIT & volunteer-led, @2:50 helps you reflect & recharge with minimal planning. @2:50 promotes no creed, sect, organization, or ideology. People join from around the world. We simply meet every day for ten minutes of quiet and *everyone is invited*.

Visit: at250.org

@2:50 Substitute Host Guide

Each daily @2:50 ten minutes of mindfulness is hosted by a volunteer as part of their personal practice or as service to others. If you have found benefits attending @2:50 and would like to contribute, please consider becoming a substitute host.

Here's what's involved

- Join the host email list to learn about new sub requests
- Accept an invitation to become a delegate for the @2:50 email
 - This is only one time and does not impact your own email inbox
 - Delegate can receive the login code from zoom
- Download and save the audio/video background track
- Accept a substitute hosting date

- Log into the @2:50 zoom account from your computer a few minutes early
- Click on the webinar for the day and time, and click 'Start practice session'
- Open the audio/video track in the media player on your computer
- Press 'Start webinar' in zoom, share the app that plays the video track.
 - Be sure to tick the "Share computer audio" selector on the bottom left
- Starting at 2:49, welcome everyone using the @2:50 prompt or create your own
- Set an alarm or timer for the top of the hour
- Mute all participants and yourself at 2:50 pm and,
- Unmute at the top of the hour to welcome everyone back to the room
- Record the number of participants on the @2:50 dashboard

Email: art@at250.org