COMMUNITY GUIDELINES & TERMS

Dr Joe Walking Meditation Melbourne

Walk together, in step and in silence.

Welcome 💚 By joining this community you agree to the guidelines and terms below. They are here to keep the space safe, kind and easy for everyone.

LAST UPDATED · NOVEMBER 2026

About the community

Dr Joe Walking Meditation Melbourne is a free, community-run group for people who want to practise walking meditation together in Melbourne. It is hosted by Aradhana Arya.

This group is **not affiliated with, endorsed by or run on behalf of Dr Joe Dispenza or Encephalon.** We are simply people who love the practice and want to share it.

Who it is for

- Anyone 18 or over who would like to walk and meditate with others.
- All levels are welcome. No experience is needed.
- Walks are free, and there is no obligation to attend any walk.

Your wellbeing comes first

- Walking meditation is gentle, but it is still physical activity outdoors. **You take part at your own risk** and are responsible for your own health and safety.
- If you have a health condition, an injury or are pregnant, please check with your doctor first, and walk at a pace that feels right for you.
- Meditation can sometimes bring up strong feelings. That is normal. Take a break, open your eyes or step aside at any time.
- These walks are not therapy, medical care or a crisis service. If you need support right now, call **Lifeline on 13 11 14**, or **000** in an emergency.

Staying safe on the walk

- We walk with our eyes open. Stay aware of the path, cyclists, traffic, dogs and other people.
- Wear comfortable shoes, bring water, and dress for the weather. Sun protection in summer.
- Look after your own belongings.
- If the weather is unsafe (storms, extreme heat), the walk may be cancelled or moved. Changes are posted in Announcements.

Looking after each other

- Be kind, respectful and welcoming, especially to people who are new.
- What people share stays with them. Please do not repeat, screenshot or post other members' stories, messages or personal details outside the group.
- No discrimination, harassment, judgement or unsolicited advice.
- Respect people's space. Not everyone wants to talk after a walk, and that is okay.

Photos and privacy

- Your phone number is visible to other members of WhatsApp groups you join. Please only contact members privately if they have said that is okay.
- Ask before you take or post a photo of anyone. The host may take group photos for the community or social media and will always ask first. You can say no at any time, no reason needed.
- Your details are only used to run this community and are never sold or shared.

Keeping the chat calm

- **Announcements** is for walk details from the host.
- **Walk chat** is for who is coming, car pooling and running late.
- **Share your shifts** is for what came up on your walk.
- Please no selling, promotion, spam, recruiting or chain messages.

The fine print

- The host may update these guidelines from time to time. Changes are posted in Announcements.
- The host may remove anyone who does not follow these guidelines, to keep the space safe for everyone.
- You can leave the community at any time.
- Questions or concerns? Message Aradhana privately on WhatsApp, or email aarya@aradhanaarya.com.

Thank you for walking with us 🧡

with love, grace & gratitude · Aradhana x