

## Insight Timer Dyad

1. Click on **Meditation** button
2. Click **Timer** button
3. Choose a **bell** for the starting bell. (e.g., Dengze)
4. Choose **1** = the bell will sound 1x.
5. Click the **Duration** button
6. Choose **40minutes**
7. Choose **Meditation**
8. **Warm Up 0** + save
9. Click button **Interval bells**
10. Click on **Edit** button
11. Choose **Intervall bells**, e.g. Basu + 1x
12. Choose from the start: **5 minutes**
13. **Repeat** every **5 minutes**
14. **8x**
15. Save + save again
16. Click on **Ending bell**: select e.g. Denge 2x
17. **Save**
18. Click on **Speaker**: choose e.g. 40% + save
19. Click on **3 dots** + save as preselection
20. Name it and press on done

