

VIDEO STREAMING (ZOOM) INSTRUCTIONS

Zoom is easy to use – all you need is the meeting code (embedded in the shared link).

How to join: You will need to download Zoom desktop client or mobile app. Better to have the app downloaded in advance. Once you have launched the Zoom app, click Join a Meeting and enter the link I send you for the class. There are lots of tutorials and help on Zoom online. It's pretty straightforward and works in a similar way to Skype, but if you do run into issues please look to solve them or online with Zoom for technical assistance.

Preparing for class: Ensure you have enough space to move comfortably and that your device is charged and easily viewable from seated, standing and lying positions (for me to give you instructions/verbal cues). Join the Zoom meeting no earlier than 10 minutes before the class start time. You will be placed into the Waiting Room, until the class is opened up.

Sound and Music: When you join the class your microphone will be on mute. You can also choose to turn your video off (video on is better for me to cue you). Please note I will not be able to broadcast music as it doesn't work well on Zoom. Feel free to play your own music if you wish or, alternatively I will share a suggestion link on the chat. Microphones will be unmuted at the end of the class.

Equipment: I suggest a mat, yoga belt, blanket and a couple of yoga blocks which are very cheap to buy online. A bolster would be great too, but you could use a couple of pillows/ large cushions instead. If you don't have equipment you can usually find a way to substitute with household items e.g.: a book instead of a block, pillow instead of a bolster, scarf instead of a strap etc. I leave this up to you.

Safety: It is up to you to assess whether the class you have chosen is suitable. If you have a specific injury or are managing a condition, it is your responsibility to decide whether or not this practice is right for you and to take care of your needs during the classes.