



YOGA MOVES

Classes will be held on ZOOM, so you just need to download the free app on your phone or from your computer.

1. You will need a smart phone, Ipad or laptop that has a camera so that I can see you and you can see me.
2. Download the **Free Zoom app** and create an account.
Make sure that you allow Pop-ups on your browser (Chrome/Safari)

***Chrome:** Tap the three dots on the bottom right corner > Settings > Content Settings > disable "Block Pop-ups".

***Safari:** Go to iPhone settings > Safari> General> disable "Block Pop-ups".

3. The link to access our "virtual shala" will be sent to you by email 15 minutes before the starting time.
4. Once you're logged in the meeting you will be sent into a virtual waiting room, and welcomed into the shala 5 minutes before the class (don't panic we know you are there!). Please use the same name on Zoom that you gave me by email otherwise I will not recognize you.
5. After greeting each other, everyone will be muted so no-one will be able to hear any noise during the practice. You will only hear my voice but others in the class won't be able to hear you.
6. During the session you can unmute or raise your hand to ask questions.
7. Please set up your mat so it's in full view horizontally – this way I can see the whole of you sideways on and offer suggestions and adjustments to your practice.
8. There are a couple of views on Zoom – you can either select to view just me or multiple view (seeing everyone). I would suggest that you view just me especially if on a phone, otherwise the images are too small to see properly while practicing. BUT, if you are mirroring to a TV screen, you might *want* to see others and feel part of a class. Take some time to play around so you can find what works for you.
9. If it's your first online class, please try joining few minutes early to check your Internet connection is working.

In most classes you will need a block and a belt. If you don't have the props at home, you could use books instead of blocks, tights or an old pair of leggings instead of a belt.

Looking forward to see you all on the mat!