

Hi and Welcome to Zoom:

I am so glad you will be joining us.

Make sure you send me your information form (screenshot to my cell or emailed) and purchase classes before attending. I will not be doing any transactions or form instructions on zoom.

## **ZOOM INSTRUCTIONS AND LINK**

### **Classes are 1 hour and occur:**

10 am Tuesdays - Beginning

6:30 pm Tuesdays - All Level

10 am Thursdays - All Level

9 am Saturdays - All Level

Use this link below until further notice. You may want to print this out or save to a word document for ease of logging on.

<https://us02web.zoom.us/j/85243318577?pwd=K3dZc0xBZXIxVnFvNzRHK1NPT2pjQT09>

Meeting ID: 852 4331 8577

Passcode: AMBA321

If you are new to zoom classes, do log onto class anytime outside of class time to see that the process works for you.

On the day of your first class, give yourself 15 min before class starts to make sure log in works smoothly (8:45am or 9:45 am or 6:15pm) and to set up your mat - camera - and general orientation.

If you have trouble logging on text me, Lesa, at 631-834-6550.

### **General Set up for Zoom:**

If you haven't already used Zoom, go to their website at [www.zoom.us](http://www.zoom.us) (optional: create a basic free account and download their software). You can click on the link provided and it should take you into the class. (If this doesn't work for some reason, you can enter the Meeting ID and the Password.) The larger the screen you use, the easier it will be for you to see me, and I you. If you have a HDMI cable you can link your laptop to your TV.

Set yourself up on your preferred device before class. Bring mat, blocks, blankets, belts, and a folding chair if you have. Do check your screen view to make sure you are visible on your mat from head to toe, literally. This is approximately 10' away from your device. If you can't see my image on your device, then of course get closer but I will see less of you. Arrive 10- 15 minutes before, to visit with your yoga buds, fine tune screen views, sound, etc.

Tips for when you arrive on screen: You might be muted when you arrive depending on your settings.

If using a laptop: The bottom left of the zoom control bar has a mute and a video on/off toggle switch. The top right of your screen has gallery view (multiple squares) and Speaker View (the person speaking will be made a large square on screen - generally me, the host)

If you are on an ipad device, tap the screen and your controls will appear.

Right before class starts, I will mute everyone but myself and start to record. Zoom will ask you to consent to being recorded. Just click yes. Do know that it will only record me since I am the only one talking.

We look forward to seeing you soon!

Best,  
Lesa