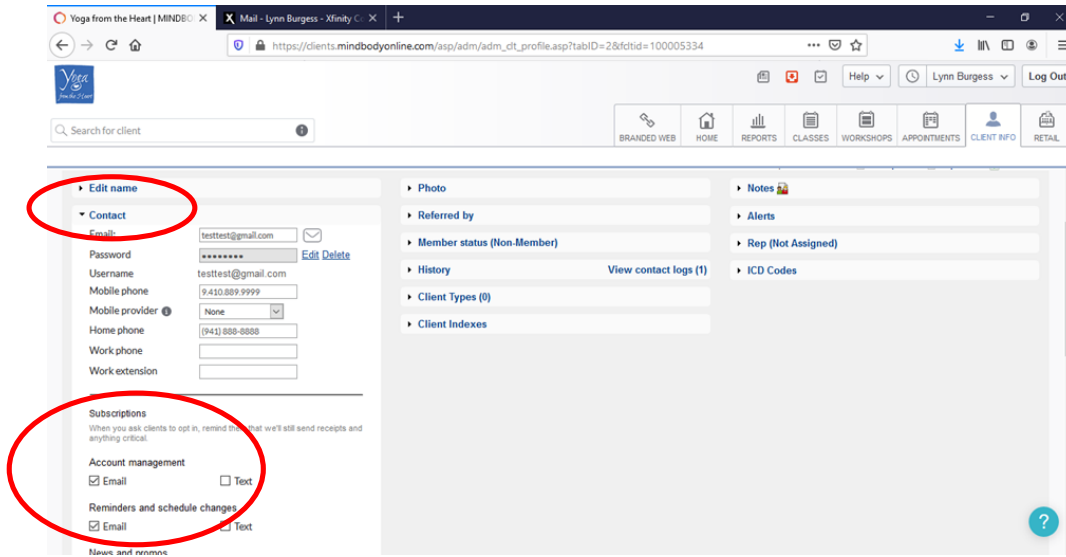
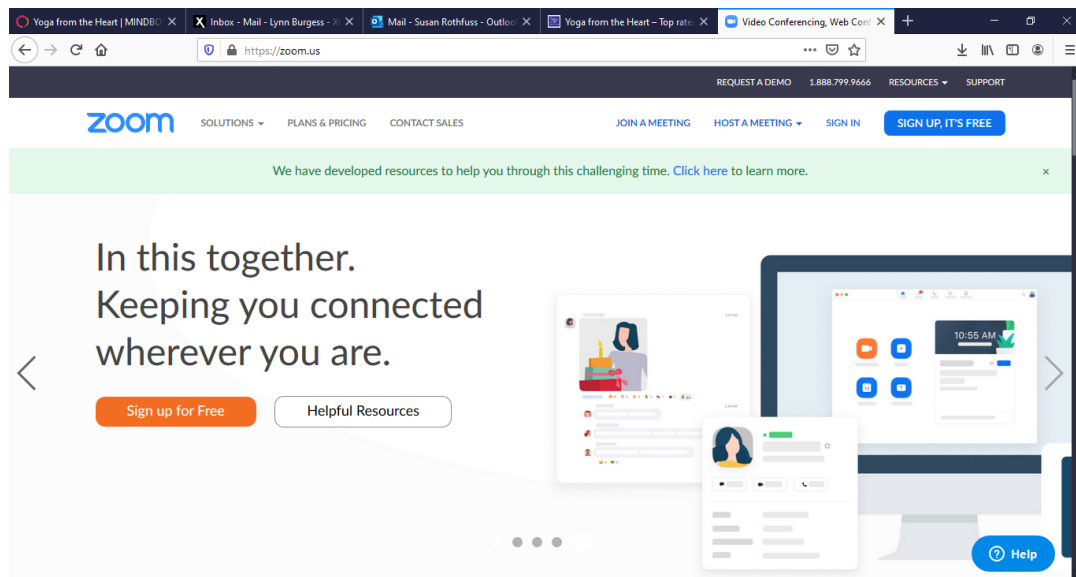


How to Join Zoom Live Stream Classes

- 1) Log into **your Yoga from the Heart Mindbody** account, verify that your email address is correct, and that under “Subscriptions” you have clicked the boxes for “Email” under “Account management” and “Reminders and schedule changes” as well as “News and promos.” **This is important as the link to the classes will be sent to your e-mail.**



- 2) Go to [Zoom.us](https://zoom.us), download and install the **Zoom Cloud Meeting** app on your device. Be sure to use the same email as you have in Mindbody.



- 3) For the best experience possible you will want to join from a device that has a video camera and microphone. You will be muted during the session to help with sound quality
- 4) You will need to preregister for each class at least 30-minutes before it starts. This can be done through Mindbody and you may use your class pass or pay for a drop-in. Once you have registered, an automated email will be sent to you with a link to the class. If you do not receive this within 15 minutes of registering, please email us at yogafromtheheart@comcast.net and we will send you the link.
- 5) Fifteen minutes before class you can click on the link in the email to get into the class. We will mute all participants during the class to enhance the sound capabilities.