

To help stay connected with our community and keep your bodies moving, we will begin offering *LIVE ONLINE CLASSES* Monday, March 23rd. Sign up as usual through Mindbody or our SSW app to access our *LIVE ONLINE CLASSES* with your favorite teachers from the comfort of your own home!

We will be starting out with a light schedule in the first week to try it out and plan to expand should our closure extend beyond our original goal of an April 1st re-opening. We will continue to post sporadic Free content to [Youtube](#) and keeping you connected through our [Digital Village](#) on Facebook. Please stay tuned, as we'll also send out email announcements with any changes to the schedule.

You will use your regular pass to sign up for classes with your favorite teachers online or through our FREE App like you normally would, only now you are signing up for online classes (the studio remains closed). We have added an online drop-in rate for those who do not have a current pass.

Let's walk through the technology setup and the experience of taking a yoga class in a virtual space.

1. Prep Your Tech - Member Portal
2. Class Invitations
3. Joining A Class
4. The Virtual Studio Experience
5. Class Structure
6. Keep Showing Up

## 1 - First Things First: Prep Your Tech

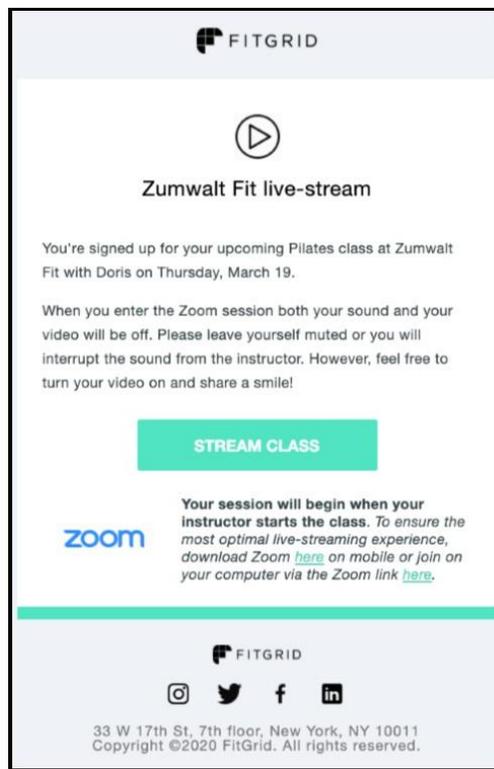


We are using [Zoom](#) as our video conference platform, and it works with all devices (cell phones, tablets, laptop or computers). We highly recommend heading over to [zoom.us](https://zoom.us) and creating a free account linked with the same email address you used to register with Sweet Serenity. Download and install the mobile app for your [Apple](#) or [Android](#) device, or the [desktop client](#) for your laptop. Sign in from your device, test your audio and video (optional to have video or not. However, we request that you mute your microphone). And that's it, you should be all set to join your first class!

## 2 – Class Invitations: Watch Your Inbox for your Welcome email

Once you've [registered](#) for a class like you usually would online or through our App, keep your eyes peeled for your SSW live class link which will be emailed to you. Online registration will close 30 minutes before the start of class.

You will receive an email from "Fitgrid" 30 minutes prior to your online class. This email contains information on how to log into the Member Portal.



If you haven't received your welcome email please email us at [info@sweetserenityyoga.com](mailto:info@sweetserenityyoga.com) and we'll get it sorted out as soon as we can. Make sure to add [team@sweetserenityyoga.com](mailto:team@sweetserenityyoga.com) to your contacts or safe senders list so that our emails get through! This is important so that future class invitations get through right away.

### 3 – Joining a Class: Find a class you want to join, and hop on in!

Follow the Zoom meeting link (in the Member Portal class page, Zoom registration confirmation email, or your calendar appointment). This link will open the meeting in your Zoom app or in your browser.

When you arrive in the room, your microphone should automatically be muted. This is to reduce any audio feedback, and keeps the virtual meeting space from becoming an echo chamber! As a general rule, keep your microphone muted.

A broadband internet connection is highly recommended since the video does take a lot of bandwidth. If your connection gets sketchy during class, try turning off your video camera (so you can still see us, we just can't see you). That can take a big chunk out of the demand you're placing on your device and internet connection.

### 4 - The Virtual Studio Experience

Please arrive early and take a couple of minutes to get situated. Create a space for yourself where you have some room to move, a good wi-fi signal, and minimal background noise.

Orient your screen and mat in your space so that you can best see the teacher in a variety of potential poses. A hard floor with a yoga mat gives you the best balance of stability and cushioning.

The teacher will greet people as they arrive in the room, and point you in the direction of any props or resources you'll need for class. Depending on the teacher and class of the day, this might include:

- **Props:** like a blanket or towel to sit on or cover yourself with, a yoga block/books to bring the earth up to your hands in certain poses, or a long strap/belt to improve access in certain poses.

Within Zoom, you have the option to change what you see on your screen. You can choose between "Gallery" view (where you can see a bunch of different talking heads in smaller windows) and "Speaker" view (where you only see the person currently talking, in a large window). "Gallery" is nice before and after class so you can chat with other students. "Speaker" view is usually best for the actual class.

## 5 - Class Structure

The teacher will formally start class, introducing themselves and giving an overview of what you'll be doing in class that day. You might hear the teacher mention that they're starting the class. Please select "speaker view" so that only the teacher will be shown on your screen.

The teacher can't see you or monitor the chat window during class, so please be extra cautious and gentle with yourself.

## 6 - Last But Not Least: Keep. Showing. Up.

*The benefits of yoga are greatest when you have a regular yoga practice.*

Many of you know this already... and one of your biggest challenges is motivation and accountability. We'll do everything that we can on our end in order to help! Our teachers will do everything they can to encourage you and to help you recognize your progress.

But one thing that we can't do is make your commitment for you! You're the only one who can choose to keep showing up. To choose to keep your priorities where you want them to be. To choose to create the space in your life for yourself.... and the things that make you happy and healthy.

We'll be right here beside you, every step of the way.

Remember, you can always connect with your fellow SSYW in our [Digital Village](#) Facebook group (that link is inside the Member Portal) to continue your conversations!

As always, thank you for your continued support as we navigate these uncharted waters together ❤️