

TO ACCESS CLASS...

The first thing to do is to download the ZOOM app onto the device that you will use (it's blue with a white movie camera in the middle)...it needs to be a portable device so you can place it so I can see you sitting and lying on your mat (or you can opt to have the camera off in which case you can see me but I can't see you):

EITHER (for laptops, PC & Mac) : google 'zoom.us' and sign up (it is free). You may be asked to 'allow' the 'zoom.us' software to download. It's safe to do so and very quick.

OR (for iPads and smart phones): download the 'zoom.us' app onto your device. You may be asked to 'allow' the 'zoom.us' software to download. It's safe to do so and very quick.

THEN simply decide the class you wish to join and either click on the link or copy paste the class ID and password. Once you join the class you will arrive in the waiting room. I will let everyone in before the class. You have the opportunity to say hello to everyone if you wish, then you will be muted for the class so that you can practice in peace.

Depending on which class you are attending , have your mat, a cushion, Yoga block (if you have one - a 3/4cm thick book will do – you need two for Chair Yoga), a blanket, drink and maybe even a pillow or cushion nearby.

Phones off and anyone that you share a house with in another room so that you have peace and quiet.

If you're new to Zoom I recommend you practise first, maybe with friends and family.