

Online Video Classes

1. How will it Work?

For each scheduled class, a link will be generated by **Google Hangouts Meet** which will give you access to the live stream. You won't have to download anything onto your device – the link will take you straight to the scheduled session.

The links for each session are underneath the class description. If you have a class pass, you can just turn up to any of the scheduled classes and use one of your credits.

If you are paying for the session, please ensure that the Bank Transfer has gone through at least **40 minutes prior to the session**, and then please text me to let me know you will be attending.

If you are having a free place, please text me to let me know you will be attending the session.

Each participant will have to be personally accepted by me before gaining access to the class. I will be making a list beforehand so I know who to accept. If you have an email address that bears no semblance to your name, please let me know so that I can recognise you when you log in!

In the event that you pay for a session but fail to attend for any reason, you can have a credit for another session.

2. Technical Details

You will need to use a laptop or tablet. Set it up somewhere that you will have good visibility of the screen.

Set your mat and any blocks, cushions etc. at a comfortable distance from your screen where you will have enough room to move.

Most common browsers will run Google Hangouts:- MS Edge, Firefox, Mozilla, Chrome, Opera, etc. Unfortunately Apple devices will not play nicely with Google so you will have to download a non-iOS browser.

You will need a good broadband connection. If you can watch Netflix, you are good to go!

It isn't essential that I see you, or be able to hear you. However, if you do want to chat with others at the beginning of the session, then please ensure that your webcam and microphone are turned on. Remember to check your virus guard as they usually turn off webcam by default.

Once the session starts, I may ask you to mute your microphone otherwise any sounds will cut off my speech.

There is a typed chat option where you can type in questions as we go along. You can also 'unmute' if you need to ask a very important question.

Any problems, please call:

t: 07983 714848

Many thanks for your continued support. May this be over quickly,
Hari Om, Julie x