



## *Yoga, the sweet bliss that is the gift of life*

Namaste,

I am really looking forward to sharing our online Vinyasa Flow Yoga class with you. Here are the instructions to access the class:

- Once registered for your class, you will receive an invitation email that includes a link and a password that allows you to access the class.
- Our online platform is Zoom. If you have a PC, you don't need to have a Zoom account. You just need to click the link in the invitation email, and enter the password to join the class.
- If you are using a tablet or a smart phone you need to download the Zoom Application to access the class. A tablet or a PC is recommended.
- Create a sacred sadhana space for your class. You will need a yoga mat and a block (or something similar). Select music for your class and play this whilst you practice.
- 15 minutes prior to the start of class, get your computer, tablet or phone ready. I will start the 'meeting' a little bit early so that we can connect with each other.
- Have your microphone on when we meet and off during the class.

I also recommend practicing using Zoom before our class so that you know how to turn on your video and microphone.

I'm really looking forward to our Yoga Kula coming together.

Blessings,  
Heidi

