

Frequently Asked Questions

What is an Ompractice class like?

Most people are pleasantly surprised by how much an interactive two-way live online class is like being in person in the studio. And right now, we can't be in the studio together, so let's be in community virtually.

You can take class with your favorite breathe teachers in the comfort of your home, backyard, anywhere. Your teacher will see you in real-time just like they do in class.

Just like in the studio, the teacher is not practicing so they can see and focus on you. They are looking at you from their computer screen to yours. They are paying attention and speaking directly to you. You are seen.

Each week, you'll have access to 16 live interactive video classes. We're adding a few on demand video classes too!

What does it cost?

Unlimited practices with a Living Yoga membership: as part of your unlimited yoga and meditation membership, you'll have FREE access to our breathe yoga on Ompractice portal. You will get a promo code via email for the current month that can be used at checkout. A new code will be sent for the next month. Use the same Living Yoga email address to register on Ompractice for your code to work.

If you'd like to join Living Yoga, we are extending a \$99/mo rate. Reach out to info@breatheyoga.com

Single class: Drop-ins are \$30 per class.

2-week breathe yoga membership (online only): Enjoy two weeks of unlimited practice with breathe yoga on Ompractice for \$75. This membership is only valid for online classes on the breathe yoga on Ompractice portal.

Note: Current Intro Offers, back to breathe, 1 month unlimited or 11-class passes are not available for use on Ompractice at this time

How do I sign up?

1. Go to Breathe Yoga on Ompractice. (ompractice.com/breatheyoga)
2. Choose a class.
3. Add to cart.
4. Your class will now be in your cart. **If you are a Living Yoga member, use the promo code we sent you for unlimited classes. Enter this coupon code before you check out.
5. Click "Proceed to checkout"
6. Enter your basic information. This creates an account for you to use our Breathe Yoga on Ompractice live video classes.
7. In the "Additional Information" section, you'll have the opportunity to add any notes you'd like the teacher to be aware of (injuries, comments, requests).
8. Click purchase.
9. When you're done, you will receive an email with a unique link to the class in Zoom, the video platform we use for our live online classes.

Is this on the breathe website?

No, classes can be accessed on the breathe yoga on Ompractice portal. (ompractice.com/breatheyoga)



When do I sign up for classes?

You can register for classes in advance, but most people sign up on the day of class, up until a few minutes before class starts.

How do I get set up to take a class?

- 5-10 minutes before class, roll out your yoga mat and get settled.
- Set up your laptop (recommended) or mobile phone about 8 ft away from your mat. You want your video to show your mat and your whole body so your teacher can offer you individualized support.
- Click on the Zoom link in your confirmation email (sent from info@ompractice.com).

What do I need for class?

- The same things you like to have with you in the studio--your yoga mat, a water bottle, a hand or mat towel, a yoga block.
- The biggest difference is, you'll need your laptop or mobile phone with WiFi to participate in class. If you need anything additional (i.e. blankets, straps, journals), your class description will note this.

Can I access class from my phone?

Yes. To take classes through your phone, download the Zoom app. Please note this works best on WiFi or with a strong 4G/LTE connection, and uses data.

What time do I need to log on?

Please arrive 5-10 minutes before class starts, just like in the studio. This will give you the time to get your mat set up, computer positioned and to connect with the teacher and your fellow students.

Can I arrive late to class?

We know that life happens and sometimes you may not be able to join on time. If you're up to 10 minutes late, you can join the class using your link and join the class. Please log in on time. Just as in a yoga studio, it can be disruptive to the teacher and students.

Do I need to have my video on?

Just like in our yoga studio, we don't allow people to sit and watch. So yes, please have your video on. Your instructor needs to see you in order to offer real instruction and ensure your safety. Everyone will be practicing with you at the same time. We will remove anyone in the class without video on for the privacy of everyone in the class.

Will there be music?

These are no music classes. We all need a little more space and silence!

Will I be recorded?

Yes, we record the classes for insurance purposes. They will not be shared.

What if the video disconnects during class?

It's unlikely, but if you get disconnected, just click the class link and try again. If you still have trouble, contact customer support by going to Breathe Yoga on Ompractice and click on the orange bubble on the bottom right. This is a direct chat with a live person at Ompractice. Alternatively, you can email support@ompractice.com

