



How to take Essence Online Classes via Zoom

Find Your Class!

www.essencembs.com/schedule.html

Get Registered!

Pay with Essence Class Packages

You may sign up online at the essence schedule page using your current packages, or buy our special of 20 yoga/Pilates mat classes for only \$160 that is on the retail tab now on the schedule page. The Strength and Zumba classes can also use this special as we are all staying home during this time.

Pay by Venmo Donation

Pay through Venmo to @Diana-Spiess. Once paid, email Diana indicating what classes you'd like to do right away after your donation is complete. She will sign you up and send the link to your email.



essence *of wellness*

**Holistic • Integrative • Functional
HEALTH COACHING**

The Essence of Wellness Health Coaching Program is continuing as we all stay "spacious". To sign up or ask questions, please email Diana at diana@essencembs.com

Using Zoom

Zoom is available for Apple and Android devices along with Mac and Windows PC. Zoom is free to download on any device. Once you use it once, you should find that it is very easy and efficient.

Be sure to download on a device with your email and that has Wifi

How it Works

Once you are signed up, online if using class packages, or with a Venmo donation, Diana will email you the link for the class 1 hour before the start of each class.

The first time you log into a class, you will be prompted by your device to allow internet audio and the use of your camera for Zoom. Please permit these or it will not work. If you miss the prompt, log out of the class and then rejoin.

Due to all that is required to coordinate this process, you must be signed up online or send an email to Diana (diana@essencembs.com) no later than 2 hours before the class you want to take.

Be sure your e-mail is correct in our system or that you indicated the correct email to Diana. It is the only way to get you the Zoom link.

Please be on Zoom 15 minutes prior to the class/session beginning. It is very disruptive to join once the class has begun.