



Namaste Lotus Garden Friends,

We're excited to offer virtual classes! We have created this guide to make the process as easy as possible for you. If you get stuck, feel free to call or email us.

[View Schedule and Register](#)

Quick start guide:

1. Register for class using [MindBody](#)
2. Download the [Zoom Client App](#)
3. 30 Minutes before the start of class you will receive an email with a link to join on Zoom.

More details and step by step instructions:

- Classes will be streamed using the online conference site, Zoom. Scroll down for info on Zoom.
- You will need a computer, laptop, or tablet with internet, or a mobile phone on which to view the class (a larger screen is recommended).
- You will need to register online for the class through MindBody, at least 30min prior to the start of class.
 - ⇒ Many of you have already created an account on MindBody and are accustomed to pre-registering for classes there. If you have not, don't worry, it is an easy process. [Click here to create an account.](#)
 - * **Note** that if the email address you enter is already in our system, you see the message "This email address is already in use. Please log in or create a new password". Simply click "[Need new password?](#)" and follow the steps to create a password. Call or email us if you are having trouble: 916-944-8505
- Once you register for the class, you will receive an auto-response email that will have information about joining the class. **Don't see it? Try the following...**
 - 1) *Make sure you have notifications turned on in your MindBody account. While logged in to your MindBody account, click "Profile." Scroll down to where it says "What do you want to hear about?" Make sure there is a checkbox next to the email notifications.*
 - 2) *Check your Spam folder. If it's here, make sure to mark it as "not spam."*
 - 3) *Gmail users, this might end up in your Promotions tab. To prevent this in the future, move it to your Primary inbox.*
- Approx. 30 minutes before the start of class, you will receive another email that will contain the link for you to join the class on Zoom. **Don't see it? Try the following...**
 - 1) *Check your Spam folder. If it's here, make sure to mark it as "not spam."*
 - 2) *Gmail users, this might end up in your Promotions tab. To prevent this in the future, move it to your Primary inbox.*

Tips for using Zoom:

- **Install Zoom:** It is not necessary to have your own Zoom account, but we DO recommend installing the Zoom Client App. This should be done ahead of time at this link: <https://zoom.us/download>. We do not recommend choosing "join from browser" as the quality is often lower.
- **Make sure your internet connection is strong:** For best quality, turn off other devices that are using your internet connection. The closer you are to your modem, the stronger the connection will be.
- **Set up your space:** Have your yoga mat set up and in a place where you can view your screen.
- **Join early!** Join the class up to 15 minutes before the start time to say hi to the instructor and chat with other participants if you wish. This also allows time to work through any technical difficulties.
- **Enjoy the class!** Participants will be muted and class will start promptly at the scheduled time.