

Online: All Level Yoga Classes with Chris Glover

Tuesdays & Saturdays, 9:30am-10:45am




Join us weekly on Tuesdays & Saturdays when we broadcast an All Levels class with Chris Glover.

We're excited about the possibility - and also ask for your forbearance as we work out all the technology around this. We know how important yoga is for all of us - and for our Sangha, well, the only way to keep it thriving is to continue to offer classes!

If you'd like to take the class, here's how:

Please download ZOOM to whatever device you plan to use to watch and listen to the yoga class. If you will use your computer, go to zoom.us and sign up. It's free. If you will use your phone or iPad/tablet, go to the store where you purchase apps (Apple app store for Phone/iPad, or Google Play for Android devices).

The app looks like this: . In the Apple app store it is called ZOOM Cloud Meetings. ZOOM basic is free and that's all you need. Set up an account using your email and password.

1. To register for the class, visit <http://sacredspirityogacenter.org/calendar>
2. Look at the online class for Tues & Sat and click on the link that allows you to **sign up & pay** for the class that will start at 9:30am.
3. You will need to log-in, select: 'Online class \$15' and pay by credit card. Note:
 - If you have never attended a Sacred Spirit class AND never signed into the website and paid from home before, you will need to **create** your account.
 - If you have attended a Sacred Spirit class and this is your first time signing in to the website from home, you need to **claim** your account - which you can easily do by entering your email address - the one you use at the studio - and setting up a password.
4. Once you have registered and paid, please go back to the website's SCHEDULE page (make sure you are still logged in): <http://sacredspirityogacenter.org/calendar>
5. When you look at Tues or Sat, you should now see a link to "View Broadcast".
NOTE: If you have a problem with this process, email kliemannkris@gmail.com and explain your problem and give a phone number where you can be reached. Kris will call you back and walk you through the process so that you are all signed in and registered for the class.
6. On Tuesday/Saturday morning, any time between 9 am and 9:15 am, return to the website SCHEDULE page and click on the **View Broadcast** link, and you will 'enter' the Zoom meeting.

Some tips for using Zoom for yoga class:

- Zoom works best when only one person at a time is speaking/singing. Please mute yourself when you enter the meeting. The mute button appears in the upper right of the screen on phones/ipads, and on the lower left on computer screens. (The Zoom facilitator can un-mute people individually or as a group so we can experience hearing each other, if necessary.) You can also turn your camera on so all participants can see you, or leave it off if you prefer privacy.
- If you would like to set up a sacred space around your computer, feel free to place a candle, flowers, plant, or light incense in your space. Even though we are physically apart, we will be connecting in Spirit!



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

sacredspirityogacenter.org