

## **If you'd like to take an online class at Sacred Spirit, here's how:**

### **Download ZOOM to your device, if you have not already done so:**

- 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](https://zoom.us) and sign up. 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 a little blue square with a white camera inside. 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.
- **Note:** Your device needs to be set to "allow Pop-Ups," otherwise, ZOOM will not work properly. The pop-up blocker needs to be turned OFF -- so that pop-ups are ENABLED. (In chrome, on a pc, it's the 3 dots on the top right, then settings, then Privacy and Security, then Site Settings, then looking at pop-up blockers and making sure that pop-up blocker is NOT turned on.)

### **\*INSTRUCTIONS to register for a class:**

1. Click [here](#) or go to our website and visit the MY ACCOUNT page: <http://sacredspirityogacenter.org/my-account>. Make sure you are logged in.  
**Please Note:** If you are joining our online classes for the first time, you need to 'claim your account' - which is basically setting up an account. Use your email address and a password that you'll be able to remember. (Once you are logged in, you need never log out.)
2. Once you have confirmed you are logged in, go to the website's SCHEDULE page: <http://sacredspirityogacenter.org/calendar>. Go to the date for the class you wish to take. Click on **Sign up & Pay**. Choose the pass. Pay with credit card. Return to the website's SCHEDULE page and look at the class listing again. You will see a **View Broadcast** link.
4. On the day of class, go to the schedule on our website <http://sacredspirityogacenter.org/calendar>. Click on **View Broadcast** for that day and you will join the ZOOM class. (Ideally you will join between 30 and 15 minutes BEFORE the start time of the class!)
5. **No worries!** If you have technical difficulties, please text or call Kris Kliemann at 914-907-6965. (If you want to reach out in the days before class, you can email her at [kliemannkris@gmail.com](mailto:kliemannkris@gmail.com) ).
6. If you have trouble with the ZOOM settings - how to turn you microphone and video on and off - we can help you with that too. We usually give some instruction during that half hour before class. You can also TYPE your questions into the 'Chat' feature on ZOOM and we can address it there.