

ZOOM QUICK START GUIDE

HOW TO ACCESS A CLASS

Step 1: View the class [schedule](#) and [register](#) for the class

Step 2: You will receive a zoom meeting invitation via email

Step 3: Click on the 'join zoom meeting' link

Step 4: A new tab will open. Enter the meeting ID

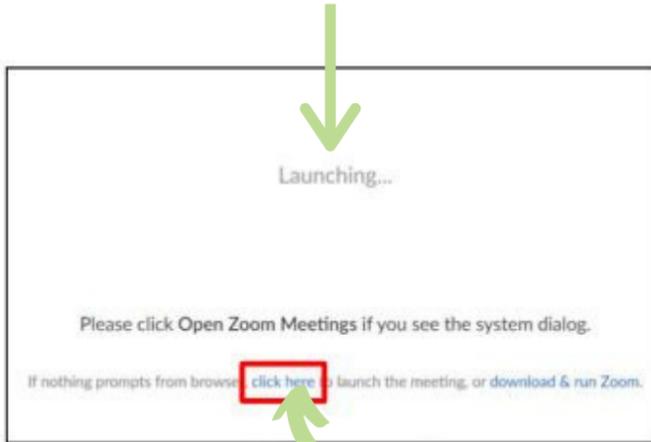
Natalie Lyndon is inviting you to a scheduled Zoom meeting.

Topic: Yoga Live & Well
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting
<https://us02web.zoom.us/j/81062851668?pwd=c0FyVVVlUy81M2VMT2JreFVGRW5xZz09>

Meeting ID: 810 6285 1668
Passcode: 001631

Step 5: Click the following buttons:



"Click here"

To use Zoom, you need to agree to the
Terms of Service and Privacy Policy.



ONCE YOU'RE IN THE CLASS

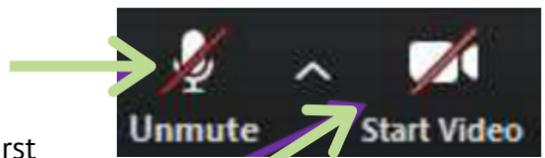
Step 1: Click 'Join with computer audio'



Test Speaker and Microphone

Note: I tend to start the meeting 5 minutes early, so if you join before me, you will be placed into a waiting room and I will admit you when I'm ready and able

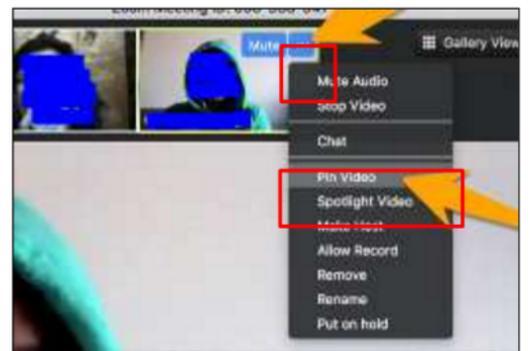
Step 2: Once in the meeting, please PUT YOUR MICROPHONE ON MUTE - simply click on the button



You can unmute to ask questions and say hello in the first 10 minutes of the class and when prompted.

Step 3: You may switch your video off during the class if you don't want others to see you, but I do advise to keep it on, so that I can make any verbal adjustments!

Step 4: If your screen is flicking between participants, then hover over my small video on the top of your screen and click on the three dots that are located on the top right of the video and select 'pin video'. You will then just be able to see me!

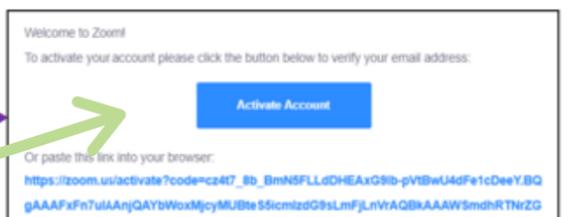


CREATING A ZOOM ACCOUNT

Step 1: Go to website: www.zoom.us

Step 2: Click 'sign up for free' and enter your email address

Step 3: You will be sent an email to verify your account. Simply click 'activate account'



Step 4: Enter your details and click 'continue'

Step 5: Skip the next 2 prompt screens and your account is then all set up and ready to go. Now you can just join a meeting to yogarise with me!

