

Join live streamed yoga classes via Zoom

Joining a class via Zoom is free for you and you don't need to have a Zoom account. You can either choose to download the app onto the device you'll be using or simply go to Zoom and enter the Meeting ID and Passcode. If you have a reasonable wifi signal and a device to connect with then you should be able to access online classes. The device can be a mobile phone, an iPad, a laptop or a smart TV. Feedback indicates that the larger the screen you access class from, the better the experience. Some people have had success initially accessing the class for example via an iPad and then mirroring the screen via bluetooth to their smart TV. It may take a bit of perseverance initially to learn how your device works, but once up and running this becomes second nature.

Click 'open zoom.us', then click 'join with computer audio and video'

You can also download the free Zoom app to your device by clicking Zoom App here: <https://zoom.us/download>. For computers choose 'meetings', for mobiles or tablets choose 'mobile apps' or to use through your browser choose 'browsers'.

Preparing for yoga

Please ensure you have returned a completed enrolment form prior to your first class with me. If there is anything regarding your health or well being that has changed please do update me. The form can be downloaded from the ENROL page of my website if needed.

Practising from the comfort of your own home has its advantages - you have a variety of props on hand, including walls/furniture - you can be more creative with the use of props to find more comfort in the postures. You can keep your home at the right temperature for you. It's also quite satisfying to complete a full length yoga class and then to be able to get on with the rest of your day with no commute. We also use the time in the 20 minutes before class begins to catch up with each other and have a chat which has been so helpful during the pandemic and lockdown. We always have to look for the positives and I'm grateful the technology exists to show us that we can maintain our yoga practice in this new way!

Please wear comfortable, non-restrictive clothing. Yoga is usually practised on an empty stomach and with bare feet. Yoga is non-competitive. Work with your capacity while being mindful of any limitations. You are responsible for keeping yourself safe. More information is on the FAQ page of my website.

Your feedback is always welcome. Please feel free to email or text me if you need help to join classes, for yoga queries, or to send your video requests.

Subscribing to the yoga video library is also available - please visit the ENROL page of my website to see booking options. All classes since 19 March have been recorded and uploaded to the library which sits on a professional video sharing platform for user friendly access. As of September 2020 there are now over 120 classes there to support your home practice.

I look forward to hopefully seeing you soon in class.

With best wishes,
Leigh