



# **Stillness + Movement**



## **Using ZOOM for online yoga classes**

## What is ZOOM?

Zoom is a video conferencing platform used for virtual meetings, webinars, and yoga lessons. The Zoom website is: <https://zoom.us/>

## How will I join the class?

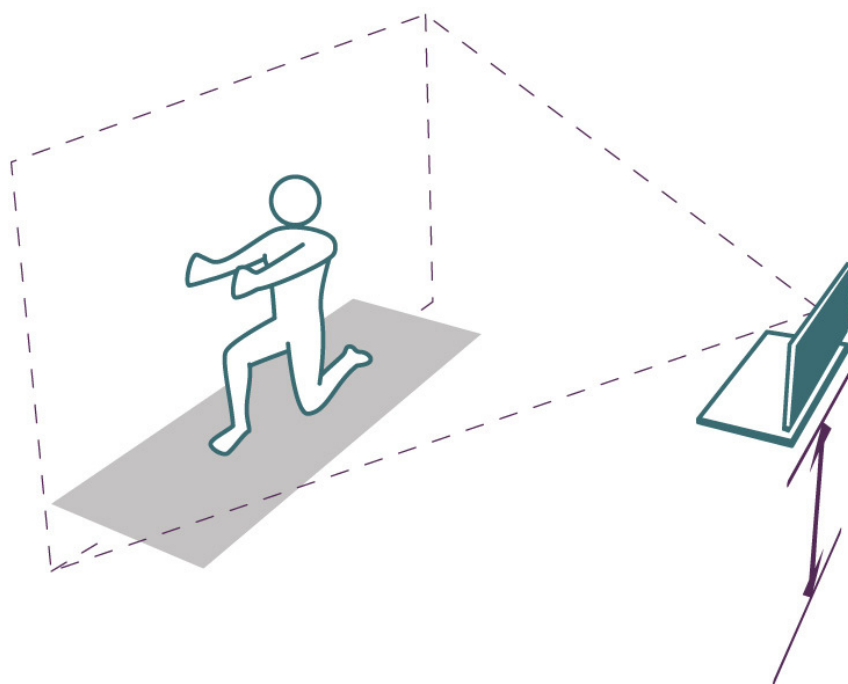
The Studio has a designated Zoom Room and each class will have a special Zoom link. The link will be emailed to you when you've completed your registration.

## Should I use my laptop, phone or tablet?

Online yoga works best when you're using a laptop with a camera at the top. This allows the camera to be adjusted so your teacher can see everything you're doing. We believe we can offer the most help to our students if we can actually see them, so this means we teach with primarily verbal cues, and we do very little physical demonstration.

## How do I set up my laptop and mat?

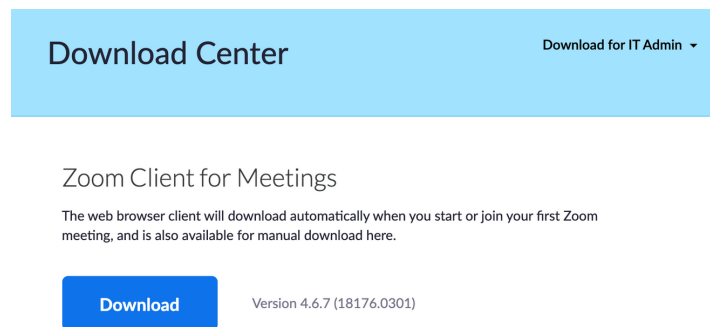
Set up your laptop far enough away so your teacher can see you & the side view of your full mat. It's great if the whole horizontal mat is in the frame. Here's a great example...



# What do I need to meet with my teacher in the “Zoom room”?

Download the Zoom app to your laptop computer: Visit Zoom’s Download Center <https://zoom.us/download> to download the application to your computer.

Click on Download:

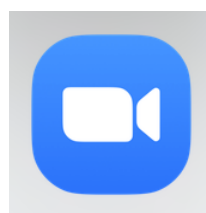


Zoom will download the Zoom package to your computer.



Click on Zoom.pkg and follow the prompts to download the Zoom application to your laptop. (If the Zoom package doesn't appear on the bottom of our browser, check your Downloads folder.)

Once installed, create your account. The Zoom icon looks like this:



## How will I get the Meeting ID for the class?

Following your successful registration, you will receive an email with the following information:

- Meeting date
- Meeting time
- The URL for your class

When you tap on the URL to join the class, a box will appear:

Open zoom.us?

<https://zoom.us> wants to open this application.



Tap on [Open zoom.us](https://zoom.us). The Zoom app will be activated and your teacher will appear!

## Will the yoga class be recorded?

Yes! An audio recording of the class will be emailed to each registrant 24 hours after the class.

## I have more questions. Who should I contact?

Email Jess, Francesca's right-hand lady at [support@francescacervero.com](mailto:support@francescacervero.com) for additional support.