

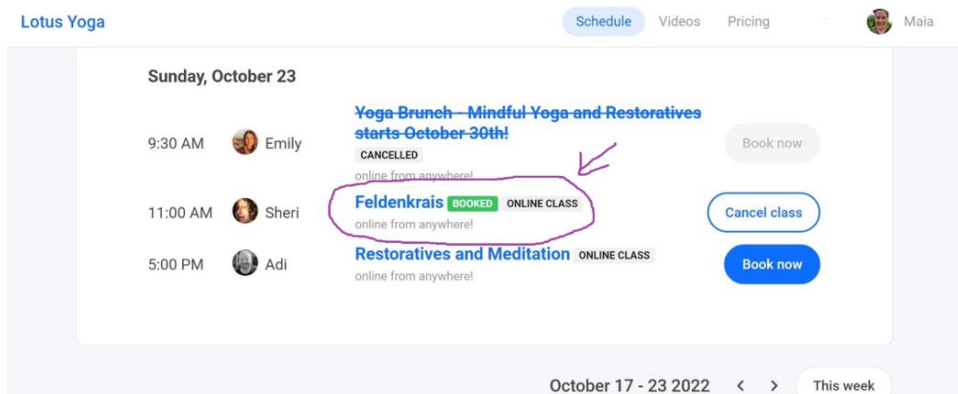
## Lotus Yoga - Online Yoga How To

### Register for classes!

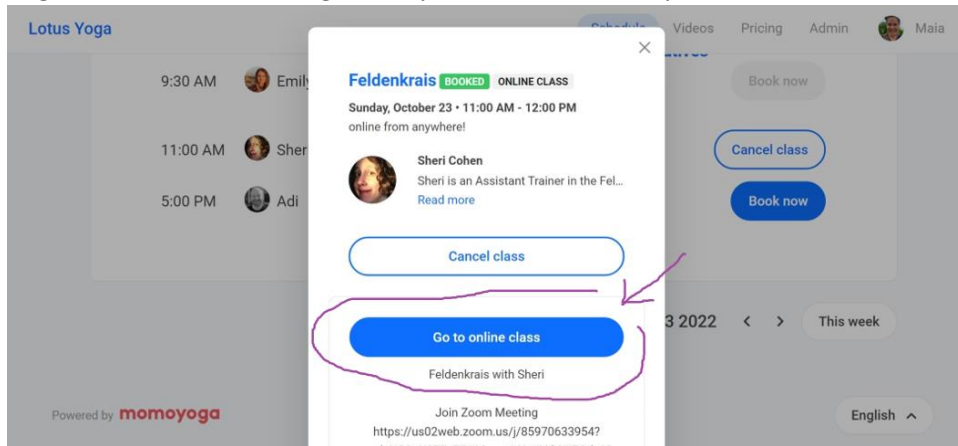
- Sign into your Lotus account
- Navigate to the class that you would like to attend, click on the “Book Now” button.
- Follow the system prompts to pay for class.
  - **Make sure you click through all the way to the screen that says: “You have been successfully booked into the class.”**
  - Voila! You are registered!

### Join Class!

- 30 minutes before class starts you can access the Zoom class link by logging into your Lotus account and clicking on the class you are registered for.



- You will see a pop up with the “Go to online class” blue button, click there and it will open Zoom meetings and take you right into the class waiting room, your teacher will let you in from there.



### First time joining online class? Here is the step-by-step:

#### Internet:

- Make sure you have fairly reliable internet access on a device that has a camera and speaker. You can use wi-fi, cell or cell "hotspot" or any other internet access.

#### Lotus account:

- You will need an online account with Lotus Yoga, it's easy!
  - New students: sign up on our web site under the classes tab by clicking on a class you want to sign up for, you will be prompted to create an account.
  - Existing students: You have an account already! If you don't know what email or password is associated with your account email us, we will let you know!

## Questions?

- If you have any questions please reach out to Maia, she is happy to help you sort out any issues: [maia@lotusyoga.biz](mailto:maia@lotusyoga.biz)

## FAQ's :

- **Class sign up windows:** You can sign up for any class right up to the start time, but we recommend signing up a little in advance, if possible. This just allows more time to sort anything out from internet glitches to password mishaps.
- **Can I use my existing class card or unlimited card?**
  - You can use your existing class card or unlimited cards for our online classes!
  - Your existing class card or unlimited card will be available on your account when you sign in.
  - If you don't see your existing class card or unlimited card on your account no problem, email us and we will sort out any issues.
- **Can I pay for a drop in for online classes?** Yes! It's easy to do, as a part of the class sign up process.
- **Can I pay for a new class card or unlimited?** If you need a new card to sign up for class, you will be prompted to do so by the system as you sign up for class.
- **Tiered payment model:** We have sliding scale class options for our online classes for those who wouldn't be able to attend classes otherwise. See our "pricing" page for more details.
- **One sign-up per person please - rather than one sign-up per stream.** Please sign-up for class for each person in your household who is attending class just like you would pay for each person at the studio so that we can continue to operate in a financially healthy way.
- **Camera on or off during online class: your choice and we support you!** It's your choice and we support you whether to have your camera on or off. Here are some things to consider...
  - You can always change your mind... and turn your camera on or off at anytime during the class.
  - If you are planning on keeping your camera on during yoga, that's great! It gives your teacher a view of what you are doing so that they can tell how the timing of the sequences are going for students, see your alignment and gauge how class is flowing for you.
  - If you are planning on turning off your camera during practice, that's great! This can feel like a good choice for some, and we support you if this is your choice. Take good care of yourself if you choose this option, and know that while the teacher won't be able to see you with the camera off, you can take great care of yourself by listening to your own body. If you choose to turn your camera off during practice, please do say "hi!" before and after class if you please. We always love to hear your voice.
- **Other Questions?** We hope that this step-by-step how to has been helpful and we hope to see you online soon! As always, if you have any other questions or experience any issues please don't hesitate to reach out via email, we are happy to help you get set up or problem solve any tech issues.

We thank you for your mindful care of yourself, the greater Seattle community and your Lotus community. We are wishing each of you steadiness-of-mind and bountiful good health in the days ahead.

With great warmth, Maia and the Lotus teachers ~Be Strong, Be Kind, Be Free~