

## Free Range Classes at Home - How To

To attend classes - you'll go to Zoom:

Here are the weekly classes.

### Tuesday

10am Chair Yoga  
4:15pm Gentle Stretch  
5:15pm Yoga for All

### Wednesday

10am Mighty Yoga

### Thursday

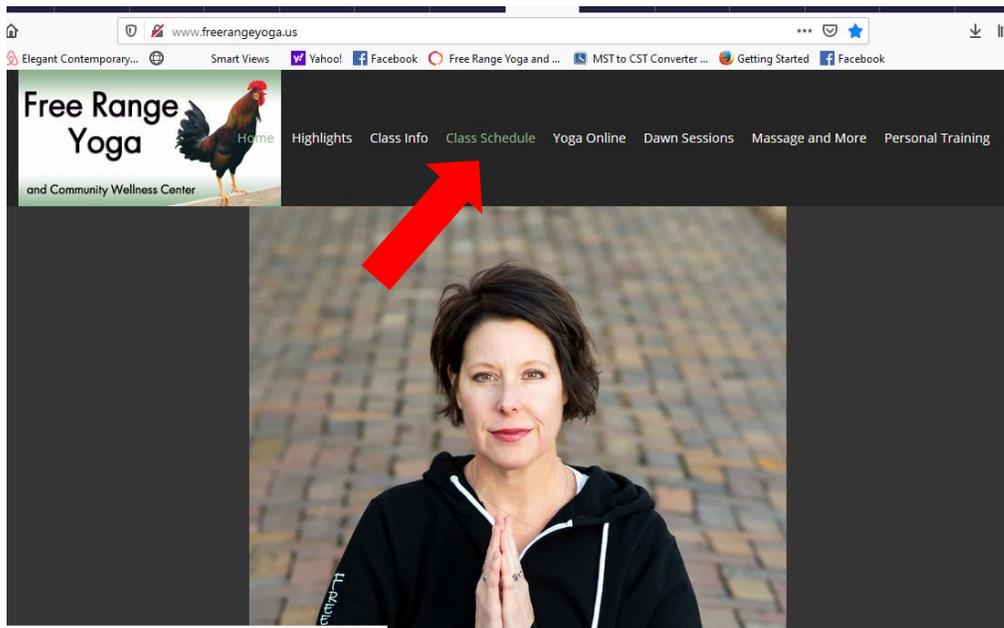
10am Chair Yoga  
4:15pm Gentle Stretch  
5:15pm Yoga for All

### Friday

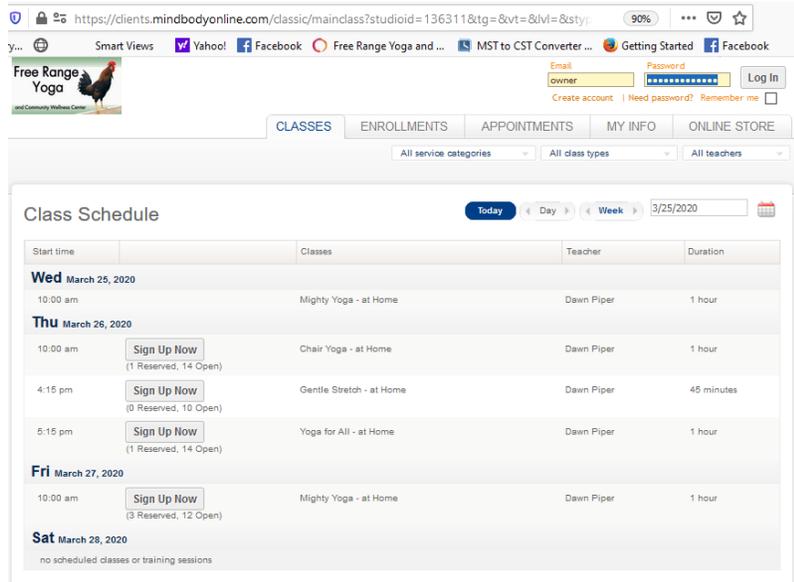
10am Mighty Yoga

### Saturday

Classes vary - go to MINDBODY to see schedule - you can get there through [www.freerangeyoga.us](http://www.freerangeyoga.us) - Class Schedule



## To pay for classes - we use MINDBODY:



The screenshot shows the Mindbody online interface for 'Free Range Yoga'. At the top, there is a navigation bar with links for 'CLASSES', 'ENROLLMENTS', 'APPOINTMENTS', 'MY INFO', and 'ONLINE STORE'. Below this is a search bar with filters for 'All service categories', 'All class types', and 'All teachers'. The main content area is titled 'Class Schedule' and shows a table of classes for the week of March 25-28, 2020. The table has columns for 'Start time', 'Classes', 'Teacher', and 'Duration'. Each class entry includes a 'Sign Up Now' button and the number of spots reserved and open.

Start time	Classes	Teacher	Duration
<b>Wed March 25, 2020</b>			
10:00 am	Mighty Yoga - at Home	Dawn Piper	1 hour
<b>Thu March 26, 2020</b>			
10:00 am	Chair Yoga - at Home	Dawn Piper	1 hour
4:15 pm	Gentle Stretch - at Home	Dawn Piper	45 minutes
5:15 pm	Yoga for All - at Home	Dawn Piper	1 hour
<b>Fri March 27, 2020</b>			
10:00 am	Mighty Yoga - at Home	Dawn Piper	1 hour
<b>Sat March 28, 2020</b>			
no scheduled classes or training sessions			

If you want to join class from home - you can purchase a drop in or use my class card.  
(If you already have a class card, you're good.)

To get to the classes page and online store go here:

<https://clients.mindbodyonline.com/classic/mainclass?studioid=136311> or  
[www.freerangeyoga.us](http://www.freerangeyoga.us) - Class Schedule and use the menu at the top for Classes,  
Enrollments (if you want to buy a Series for April), Your Information, and Online Store.

You may need to create an account under "My Info." If you have come to my classes before you already have an account, I can help you access if you contact me. 309-333-5069

### How to take a streamed class:

1. Sign up for a free account with Zoom <http://www.zoom.us> don't worry that it says 40 minute limit, that is for meetings that you host. ;)
2. Register in advance for class using the link below the class you want to join:

#### Chair Yoga

<https://zoom.us/meeting/register/uJAvcu-oqD4oBhg8d6mcJGqIYawxAPeung>

#### Gentle Stretch

<https://zoom.us/meeting/register/uZQrc--qqz0pjbPZOC9o2BjDBiJD-uk0jg>

#### Yoga for All

<https://zoom.us/meeting/register/uZ0sdeCgpzwuCuVm-hfJ0NIYXdwilLQxBQ>

## **Mighty Yoga**

<https://zoom.us/meeting/register/uJ0lce-srTstCqabt3O0UptaL6NXpIaQWA>

3. After registering, you will receive a confirmation email containing information about joining the meeting. Save it and the Meeting ID. You will use that to log in to the meeting (it's like driving to the studio and finding your parking space and coming in...)
4. 15 minutes before class starts find that email and click on the link or go to the zoom page and "Join a Meeting" and put in the Meeting ID.
5. Once you get on, if you beat me there you will see 'waiting on host'.
6. Check your audio and video - you want to allow audio and video - I think it says "Share Video" - that just means we can see you.

Call me with any questions and I will walk you through this. It isn't hard. If you want to walk through before class - call the day before if possible. Right before class I won't have time to help.

Hope you join me for class - let's keep moving and breathing together. Stay Free Range strong - Mind, Body, and Spirit. And big love to you.

309-333-5069

[dawn@freerangeyoga.us](mailto:dawn@freerangeyoga.us)

Dawn Piper