

Streaming Dawn's Free Range Classes at Home - Update April 1, 2020

Schedule:

Tuesday

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

Wednesday

10am Mighty Yoga

Thursday

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

Friday

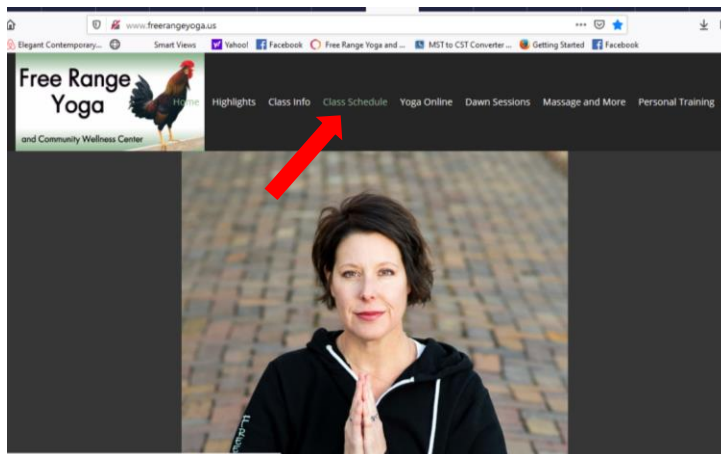
10am Mighty Yoga

For April I'm remaking our 4:15pm class into "Gentle Restore" which will include gentle warm ups and stretches plus deep, slow breathing and a guided meditation to help reduce anxiety and fears about COVID 19 and the load of our "new normal" lives.

Saturday

Depending on the day - we usually have one or two Saturday classes (these vary)

Go to MINDBODY to see our schedule - you can get there through www.freerangeyoga.us - Class Schedule - If you're on Facebook, you can also check out Facebook events which are posted on our page - please sign up to stay in the loop: <https://www.facebook.com/Freerangeyoga/>



To pay for classes - we use MINDBODY:

The screenshot shows the Mindbodyonline.com website interface. At the top, there is a navigation menu with options: CLASSES, ENROLLMENTS, APPOINTMENTS, MY INFO, and ONLINE STORE. Below the menu, there are filters for 'All service categories', 'All class types', and 'All teachers'. The main content area is titled 'Class Schedule' and shows a calendar view for March 25, 26, and 27, 2020. The classes listed are:

Start time	Classes	Teacher	Duration
Wed March 25, 2020			
10:00 am	Mighty Yoga - at Home	Dawn Piper	1 hour
Thu March 26, 2020			
10:00 am	Chair Yoga - at Home (1 Reserved, 14 Open)	Dawn Piper	1 hour
4:15 pm	Gentle Stretch - at Home (0 Reserved, 10 Open)	Dawn Piper	45 minutes
5:15 pm	Yoga for All - at Home (1 Reserved, 14 Open)	Dawn Piper	1 hour
Fri March 27, 2020			
10:00 am	Mighty Yoga - at Home (3 Reserved, 12 Open)	Dawn Piper	1 hour
Sat March 28, 2020			
no scheduled classes or training sessions			

Drop in or class card:

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

<https://clients.mindbodyonline.com/classic/mainclass?studioid=136311> or 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

Enrollment for month:

If you want to sign up for a month of one type of class (Chair Yoga or Mighty Yoga, etc.) it's \$72 to enroll for the month.

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=-103&sTG=108&sView=day&sLoc=0&sTrn=2>

Paying by check:

If you do not wish to pay online it's totally fine, call 309-333-5069 or email me dawn@freerangeyoga.us and I will give you my mailing address for a check. 😊

COVID19 making it hard for you to come to yoga? Contact me! We have donations for our “Yoga Heals” Campaign. If you wish to donate to the campaign you can pick a gift card here: <https://clients.mindbodyonline.com/classic/ws?studioid=136311&stype=42>

Okay so now you’ve paid. What now?

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-oqD4oBhg8d6mcJGqLYawxApeung>

Gentle Restore

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

Yoga for All

<https://zoom.us/meeting/register/uZ0sdeCgpzwuCVVm-hfJ0NIYXdwilLQxBQ>

Mighty Yoga

<https://zoom.us/meeting/register/uJ0lce-srTstCqabt300UptaL6NXpIaQWA>

3. After registering, you will receive a confirmation email containing information about joining the meeting. If you don't receive it CHECK YOUR SPAM MAIL! **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. Occasionally people are having tech issues, so please try to log in ahead of time.

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. Also hit “Gallery View” it looks like a little Rubik’s Cube icon - or a little tiny waffle. <https://support.zoom.us/hc/en-us/articles/360000005883-Displaying-participants-in-gallery-view>

Call me with any questions AHEAD OF TIME 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

Dawn Piper