

Streaming Dawn's Free Range Virtual Classes - Update October 20, 2020

Schedule:

Tuesday

10am Chair Yoga
5:15pm Yoga for All

Wednesday

10am Mighty Yoga

Thursday

10am Chair Yoga
5:15pm Yoga for All

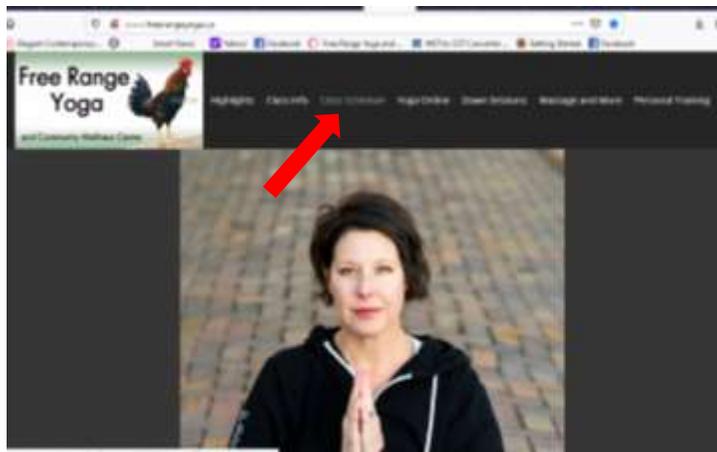
Friday

10am Mighty Yoga

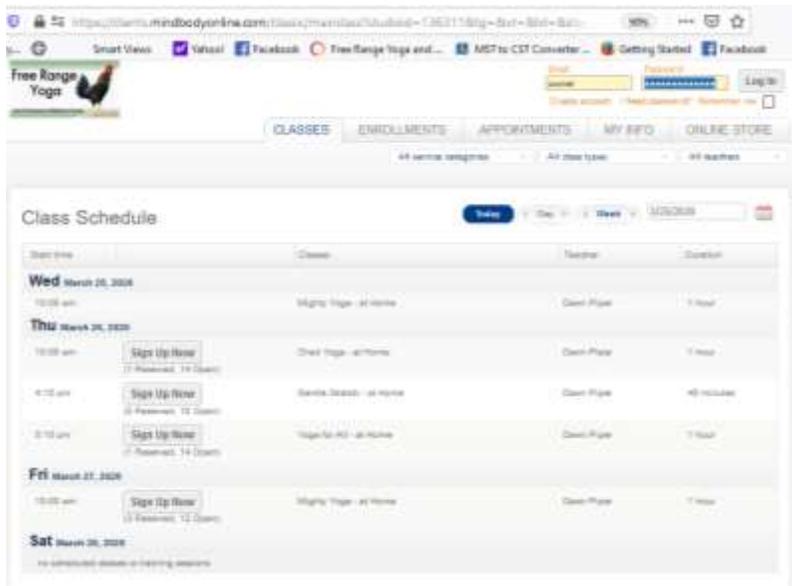
Saturday

Depending on the week - we might 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:



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.) you can enroll for the whole month.

<https://clients.mindbodyonline.com/classic/ws?studioid=136311&styp=-103&sView=week&sLoc=0>

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&styp=42>

Okay so now you've paid. What now?

I've made it easier to take a streamed class:

1. Let me know you've signed in for a class so I can send you the Zoom Meeting ID and Passcode. We will use the same one each week.
2. Your confirmation email will contain information about the meeting – keep it. 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