



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

ZOOM CLASS GUIDE

Here are a few tips to help you have a positive experience with our online classes.

***** Be sure to check your Spam/Junk folders for the email with the link. *****

- Please BOOKMARK OR SAVE your email with the link for your class.
- Make sure your designated PRACTICE AREA and computer/phone are set up and ready to go 10 minutes before class starts.
- Make sure your DEVICE IS FULLY CHARGED and your wifi or cellular data is working properly. Be sure you don't have another device running in the room. You may get interference.
- Please LOG IN 5-15 minutes before class starts. In order to allow everyone to settle in more quickly, please save your conversations for after class. We will keep the link live for a few minutes following each practice, so that we can preserve this important aspect of our community.
- Your video CAMERAS AND SOUND WILL BE OFF when you enter the class. We have found that having fewer student cameras on during class improves the video quality for everyone. You will be muted to mitigate background noise and to keep the teacher as the focus on our recording.
- Be sure to click on the image of the instructor and select "PIN VIDEO." This ensures that your view is of the teacher for the duration of your practice.
- Use the "CHAT" FUNCTION if you have a question. Your teacher can unmute you so you can ask it aloud.