

# Online Yoga Class With Lenka

I use Zoom - video conferencing platform - for my online classes. (<https://zoom.us>).

## How to join your yoga class on Zoom app

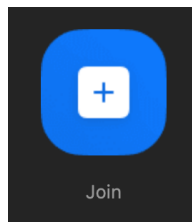
I will send my "Zoom room" link to you via email after your registration.

You can use computer, tablet or mobile phone. Online yoga works best when you're using a laptop with a camera at the top. This allows the camera to be adjusted so I can see everything you're doing.

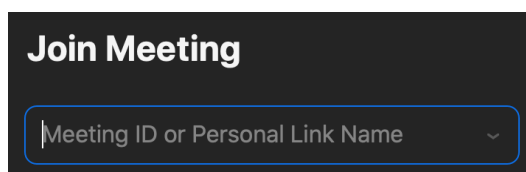
Links to download app: [MacOS](#), [Windows](#), [iOS/iPadOS](#), [Android](#)

You **do NOT need a paid version** of the app.

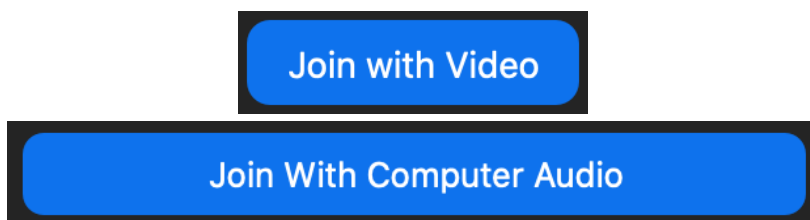
To connect to the class, click on the link I've sent you.  
Alternatively, start the app, select "Join"



then fill in the meeting ID number and password from the email



then choose "Join With Video" and subsequently "Join With Computer Audio"



If you've never used Zoom, we can schedule a quick test call.  
Email me and let me know the time and date that might work for you.

## Recommendations:

Please, **join 10 minutes early** and set up your laptop far enough away so I can see you & the side view of your full mat. The whole horizontal mat should be in the camera frame. Do your best and don't worry.

Have your props ready - 2 yoga blocks, yoga strap, bolster and a blanket.  
If you don't have them, improvise  
(use 2 big cans or the same size boxes, tie or bathrobe belt).

You will be muted upon entry, but feel free to unmute yourself to say hi, ask a question or make a request for class.

I look forward to seeing you ❤️

With love,  
Lenka

