



Using ZOOM for Online Classes with Janice Krakowsky



❖ *What is Zoom?*

Zoom is a video conferencing platform used for virtual meetings, webinars, and yoga lessons. The Zoom website is: <https://zoom.us/>

❖ *How will I meet with Janice?*

Janice will share a special link for a private video meeting or you will receive it once you register for class in your email. You need this link to access class.

❖ *Should I use my laptop, phone or tablet?*

Online yoga works best when you're using a **laptop** with a camera at the top. This allows the camera to be adjusted so Janice can see **everything** you're doing. Janice would like to see your whole body so she can help you adjust to make the poses feel better in your body. You can use a **phone** or **tablet** as well.

❖ *How do I set up my laptop and mat?*

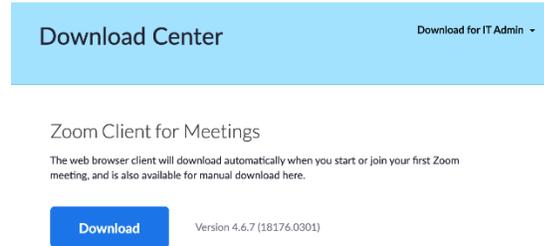
Set up your laptop far enough away so Janice can see you & the side view of your full mat. The whole horizontal mat should be in the camera frame. Do your best and don't worry. You and Janice will make little adjustments as needed at the top of your session.

❖ *What do I need to meet with Janice on Zoom?*

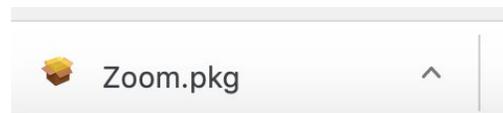
Computer

Download the Zoom app to your laptop computer. Visit Zoom's Download Center <https://zoom.us/download> to download the application to your computer.

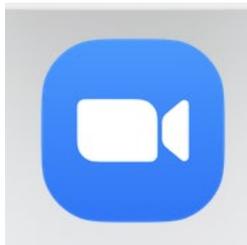
Click on Download:



Zoom will download the Zoom package to your computer.



Click on Zoom.pkg and follow the prompts to download the Zoom application to your laptop. Once installed, create your account. The Zoom icon looks like this:



Phone

Download the Zoom app in the google play or apple store

❖ ***How will I get the Meeting ID or link to meet Janice for class on Zoom?***

Janice will email you with the following information:

Meeting date:

Meeting time:

URL to Janice's class:

Tap on the URL to open the zoom meeting for class. A box will appear:

Open zoom.us?

<https://zoom.us> wants to open this application.

Cancel

Open zoom.us

Tap on **Open zoom.us** The Zoom app will be activated and your meeting with Janice will appear!

I'd like to schedule a test call before my online yoga session.

If you've never used Zoom, Janice will happily schedule a quick test call. Just email her and let her know when a good time might be.

❖ ***Familiarizing yourself with the screen options***

Once the classroom opens for you make sure you can see yourself and Janice's screen. There are two views:

Gallery View: you will see all the students in the class as well as Janice's screen-can stay here in the beginning and end of class to socialize with the other participants

Speaker View: there will be a big picture and a little picture, click on the picture so that Janice is the big picture- you should use this during class so that you can easily see Janice

To switch between the two: Computer: top right corner

Phone: swipe left or right to change view

On the bottom left there is a picture of a microphone so that you can mute or unmute yourself For the first few minutes of class you can unmute yourself so that we can all check in, but once we start class, I will mute everyone or you can mute yourself earlier if you choose. This will cut out background noise.

❖ ***What can I expect from class?***

Once you arrive there will be a few minutes of greeting as everyone comes in. We will start on time and practice together. Janice will be demoing as well as stepping off her mat sometimes to check on you and how you are following the cues, just like in a live in person class. Try to be present for yourself in your practice. There will be time for questions and feedback after class. Please be patient with yourself and Janice as we are all learning something new.

❖ *Be aware that during this time there is a lot transitioning to online, especially using the zoom platform, so there may be some lag or disconnection, but as always we will go with the flow*

❖ *I have more questions. Who should I contact?*

Email Janice at Joyfulheartyyoga16@gmail.com for additional support.