Zoom Tips for Online Classes

Zoom is free for you to use; you don't need a Zoom account to join a "meeting". The organiser is the "host" and can send you a link to join them online.

Depending on your device, you may have to download Zoom from your App Store. Please do this in advance rather than waiting until 5 minutes before the class!

Desktop (PC/MAC) - https://zoom.us/download
Android - https://play.google.com/store/apps/details?id=us.zoom.videomeetings
IoS - https://itunes.apple.com/us/app/id546505307

Depending on whether you are using a laptop or mobile phone and whether it is Apple or Android, the Zoom layout may vary, so don't worry if things don't look exactly as they are explained below.

Instructions to join a "meeting":
The tutor will be online about 10 minutes before the yoga class starts to allow everyone time to register, sort out any technicalities and say hello to each other. Please be signed in early, ready for the class to start on time.

1) Either click on the Zoom link provided in the confirmation email you receive, or go to https://zoom.us/join add the meeting ID in the box and follow the on screen instructions.

2) If you are using your phone to join Zoom, please put it on Do Not Disturb (with wi-fi enabled).

3) When prompted select "Open Zoom Meetings" and "Join with Audio". It is very **important that you join the meeting WITH AUDIO** so that you can hear the tutor. It will take a few seconds for your audio to connect. If you accidentally join without audio, just leave the meeting and re-join selecting "Join with Audio".

4) **Your video and microphone might automatically be off when you first join a meeting**. It would be lovely if you unmute your mic and turn on your video so that you can say hello to everyone and feel part of the group. Please keep your camera on during the class so that the tutor knows you are ok. Once the class starts properly, everyone will be put on 'mute' to avoid disturbances during the class. You can unmute yourself again at the end of the class or when requested by the tutor.

5) During a "meeting", you have a choice of layouts (or "views"). To change whether you see other participants or just the tutor, you can click on "Speaker View" or "Gallery View" at the top right of the screen (if you are on a computer) or swipe left and right (if you are on a mobile phone). **For the main part of the class it is better to use "Speaker view"** so that you can see the teacher clearly, but **it is nice to select "Gallery View" at the beginning and end of the session** so that you can see everyone.

If you have any problems, here is a link to Zoom's instructions and help about setting up: https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started