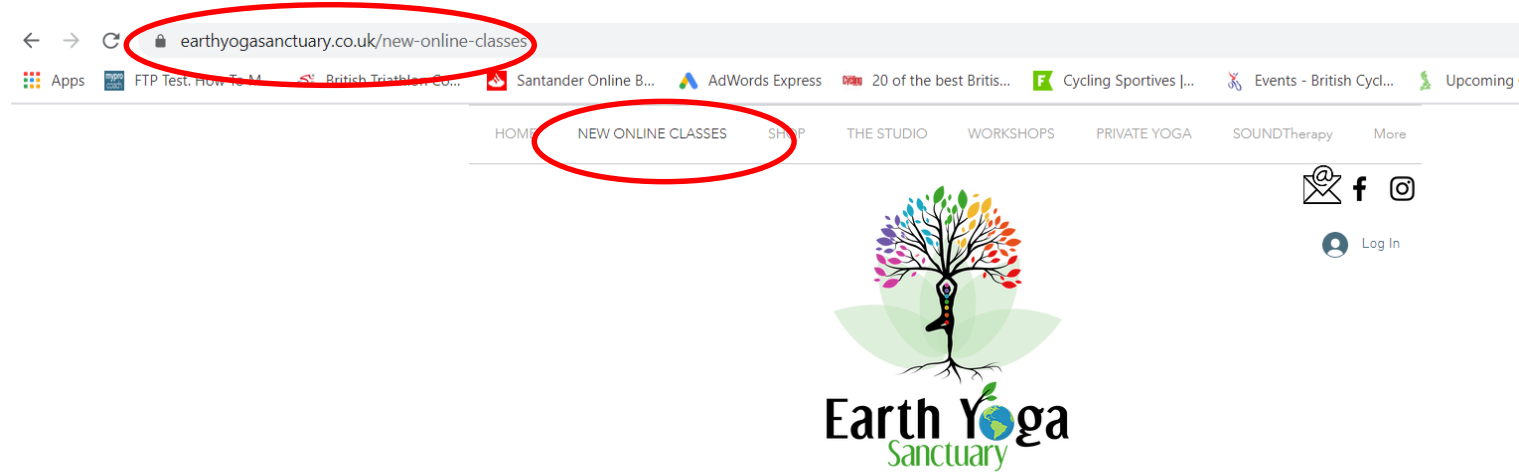


How to Access New EYS Online Class Schedule

<https://www.earth yogasanctuary.co.uk/new-online-classes>

Instructions

- Firstly go to this link: <https://www.earthyogasanctuary.co.uk/new-online-classes>



My Live Streaming Class Schedule

Hello Yogi's,

My heart is literally breaking as I'm forced to tell you that the EYS Studio will be closing its doors for the duration of the crisis as of immediate effect. I have held on as long as I could, but it is time to start being a bit more cautious, for everyone's health. The Yoga Alliance Professionals have also strongly recommended that we stop all classes. On a personal side, I have a genetic disease that puts me at risk so it's the right thing to do.

We've worked so hard to build an awe-inspiring community of like-minded yogi's and I'm so honoured to be a part of your yoga journey. To this end, I am not merely stepping out of my comfort zone, I am flinging myself way out there. I'm terrified to announce that I will be offering you a very similar class schedule to the current one, ONLINE.

Okay, so I know you are going to have a lot of questions and I'll do my best to answer them for you. Hopefully the following information will help clarify a few things.

MEMBERSHIPS AND CLASS PASSES:

As of today, all class passes will be frozen. When we step back into the Sanctuary, there will be obvious extensions on the expiry dates, with much discretion where necessary.

My lovely members, please will you cancel your next due payment. When we come out of the woods I'll send you all new due dates

Instructions

Then scroll down the page and review my class schedule: (this will update throughout the week and from week to week)

Find the class you would like to join, and click on the link OR copy and paste the URL into a browser (recommend using Google Chrome for best experience)

You can also download the App on a smartphone or tablet computer (see slide 9)

- 5) Suggest to mute your speakers but unmute when you want to groan
- 6) Practice with me
- 7) Purchase a pass from my [shop](#)

Classes for the rest of this week are free

Thursday 17h15-18h15 - Pre Natal:
Join [Here](#): meet.google.com/pon-kmzw-oeq

Thursday 18h30-19h30 – Move & Restore with Jen
Join [Here](#): meet.google.com/phm-skzo-thf

Friday 10h00-11h15 – Yin
Join [Here](#): meet.google.com/krc-cxqn-bbx

Friday 17h00-17h45 – Teens
Join [Here](#): meet.google.com/kxh-pgmj-kby

Friday 18h00-19h00 – Sport
Join [Here](#): meet.google.com/uey-mdsu-gie

Saturday 08h30-10h00 Yin & Meditation
Join [Here](#): meet.google.com/wjy-jpmq-qyr

Saturday 10h15- 11h15 Morning Flow (mixed ability)
Join [Here](#): meet.google.com/hvy-ajsu-xyq

Here is what to do if you don't have props at home

- Blocks – use thick books
- Bolster – roll a fairly heavy blanket/cushion
- Strap – use a scarf
- Blanket – well, a blanket

- After clicking the link, the class will open up in a new window
- If you have a google account and are signed in, go to page 7
- Otherwise enter your name and select “Ask to Join”

The screenshot shows a Google Meet page in a web browser. The address bar displays the URL `meet.google.com/pon-kmzw-oeq`. The browser's tab bar shows several open tabs, including 'Apps', 'FTP Test. How To M...', 'British Triathlon Co...', 'Santander Online B...', 'AdWords Express', '20 of the best Britis...', 'Cycling Sportives [...]', 'Events - British Cycl...', 'Upcoming Cycling...', and 'Haute Route'. The Google Meet logo is in the top left, and a 'Sign in' link is in the top right. The main content area is a dark rectangle with the text 'Camera is off' in the center. At the bottom of this rectangle are three icons: a microphone, a camera with a slash through it, and a vertical ellipsis. To the right of the main area, there is a form with the text 'What's your name?' above a text input field labeled 'Your name'. Below the input field are two buttons: 'Ask to join' and 'Present'. Red circles highlight the 'Ask to join' button and the microphone/camera icons. A red arrow points from the text 'Otherwise enter your name and select “Ask to Join”' to the 'Ask to join' button. Another red arrow points from the text 'Turn your mic and camera off/on using buttons below' to the microphone and camera icons.

What's your name?

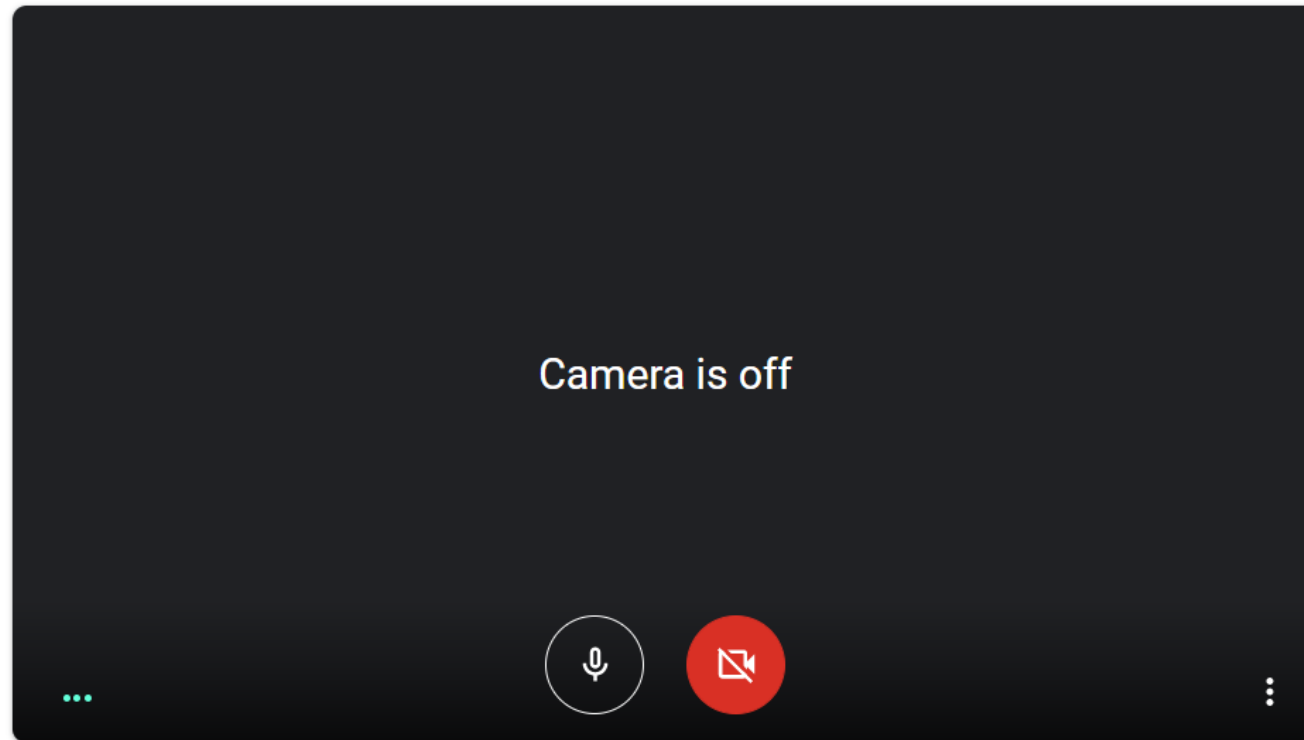
Your name

Ask to join Present

Camera is off

Turn your mic and camera off/on using buttons below

- Example below



What's your name?

Jarv|

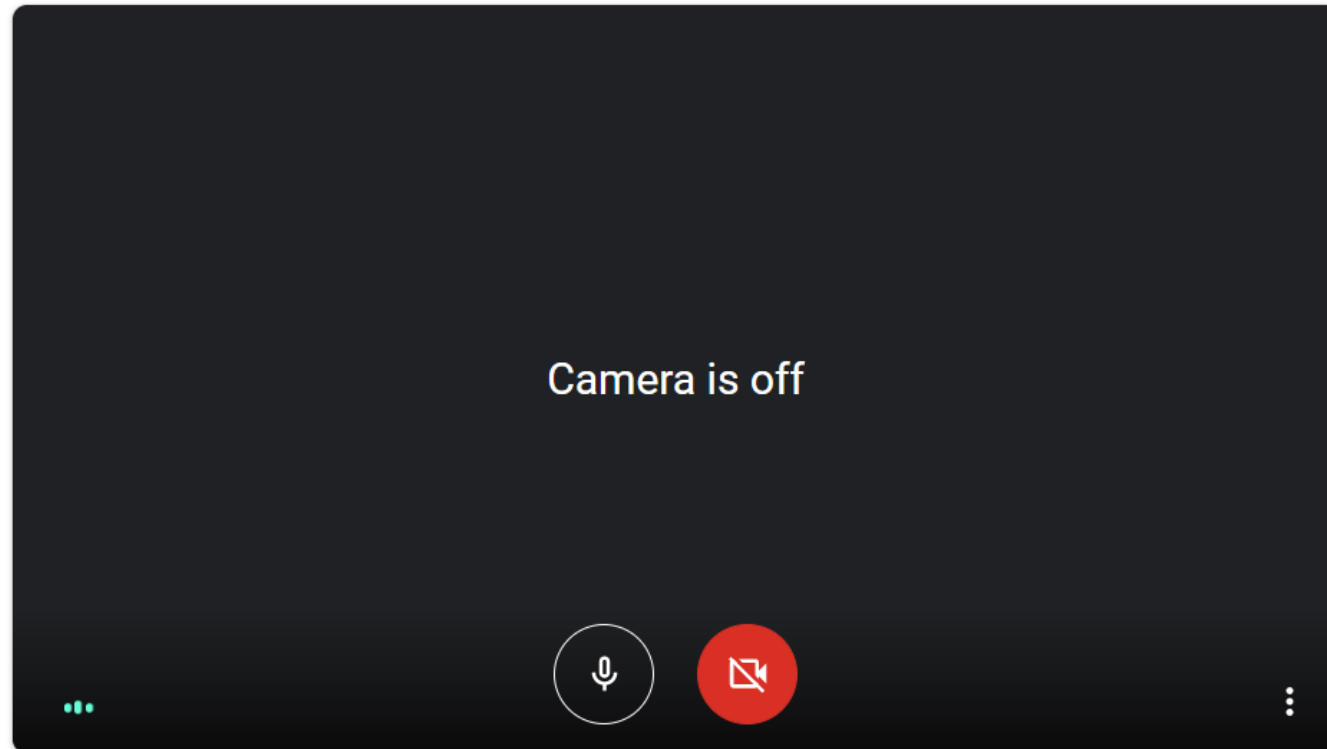
Ask to join



Present



Please wait until the meeting organiser adds you in and you are ready to go, now go to page 9

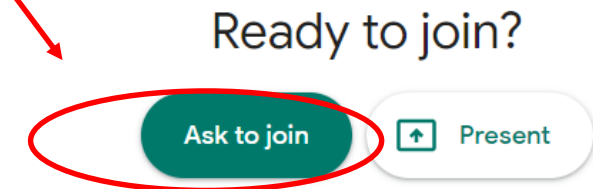
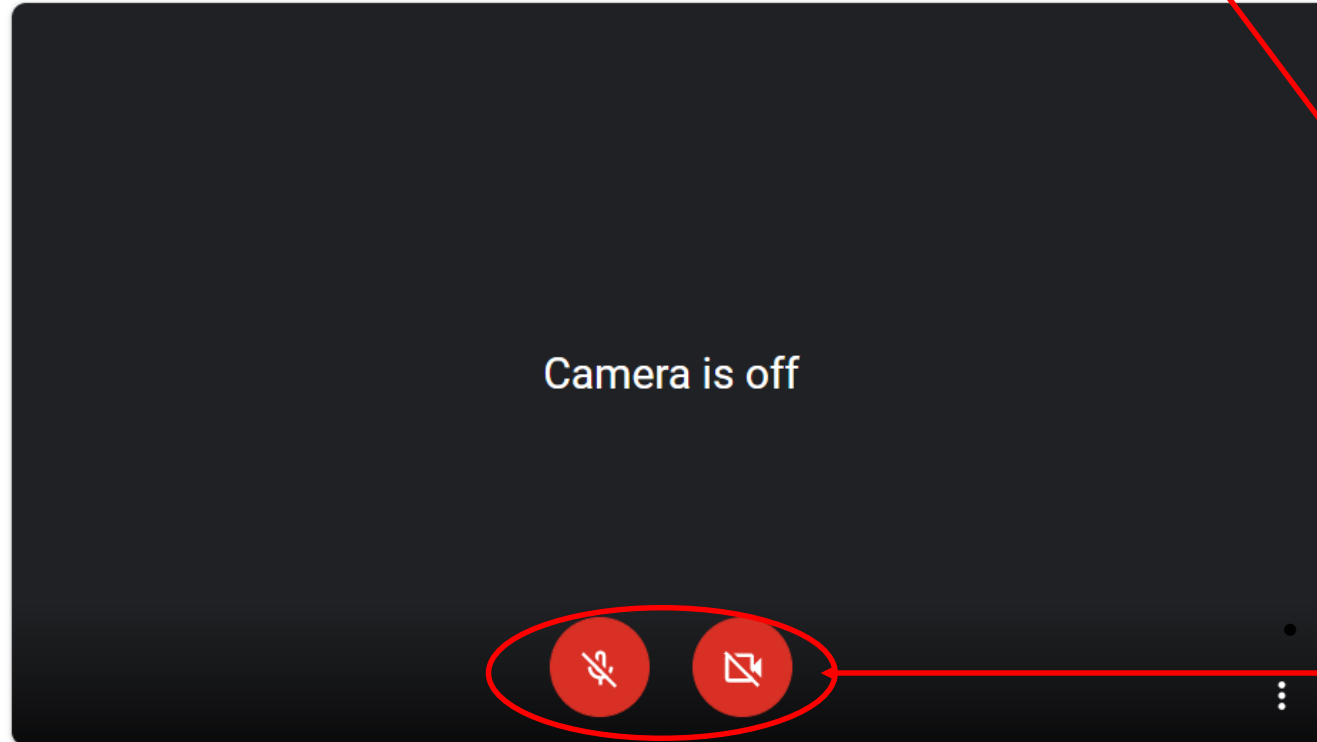


Asking to join...

You'll join the call when someone lets you
in



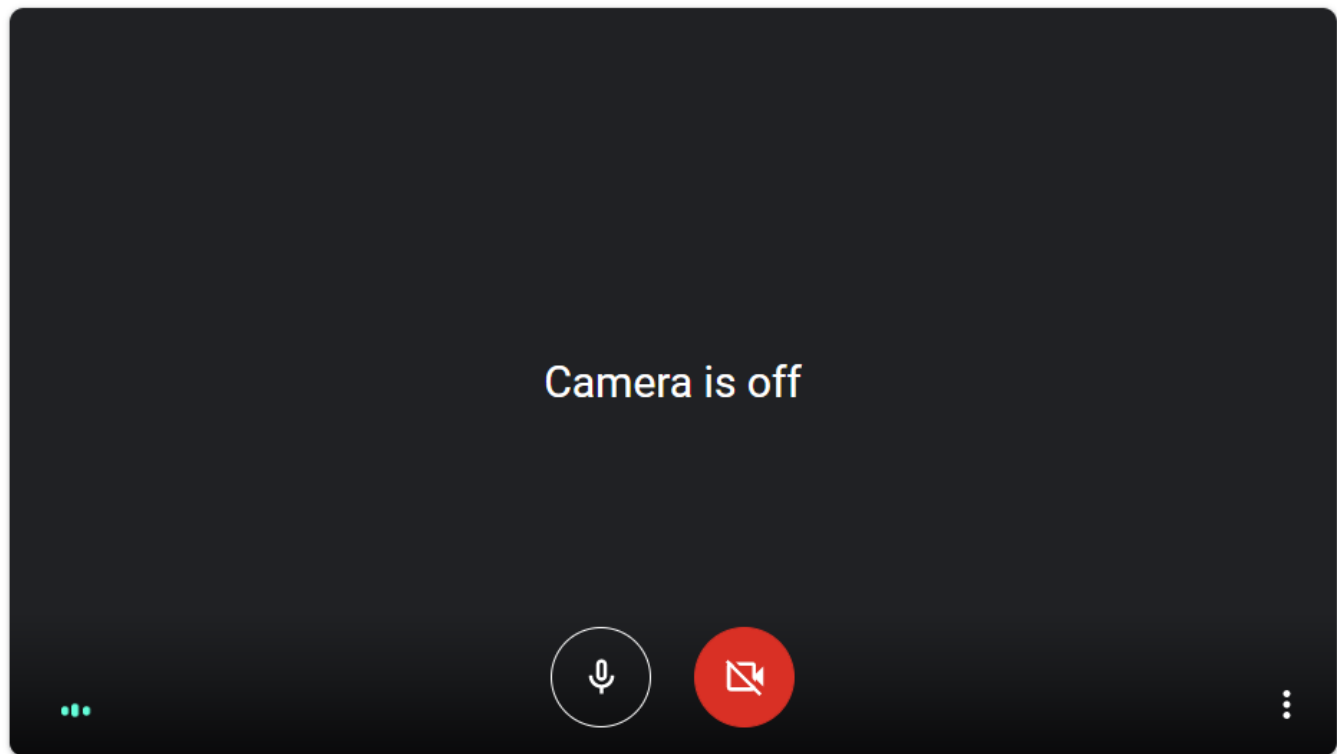
- After clicking the link, the class will open up in a new window
- If you have a google account and are signed in it will recognise you
- Select “Ask to Join”



- Turn your mic and camera off/on using buttons below




Please wait until the meeting organiser adds you in and you are ready to go



Asking to join...

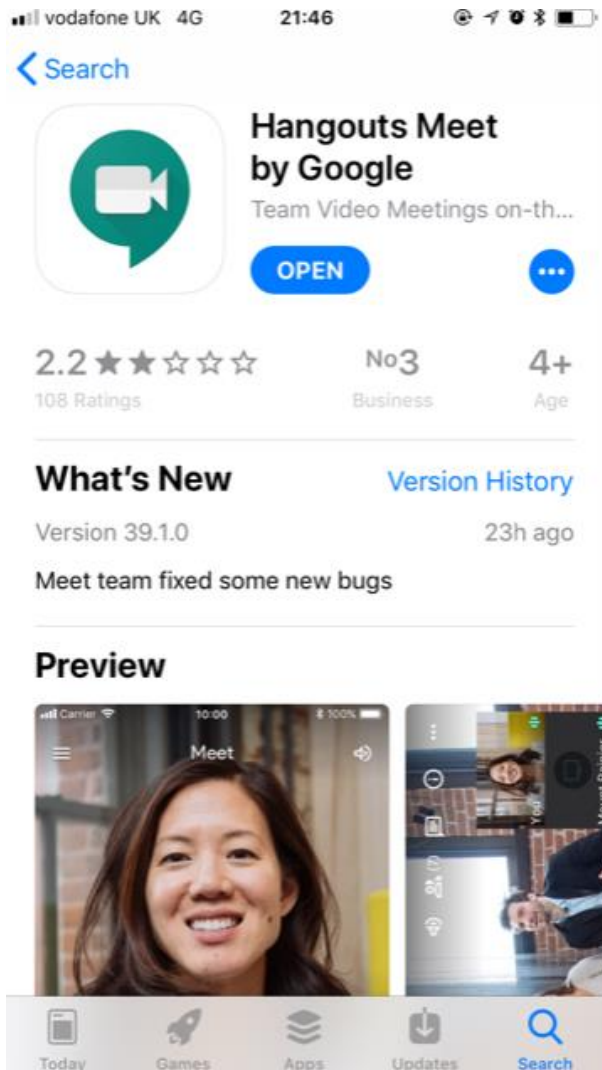
You'll join the call when someone lets you
in

A green circular progress indicator, showing a partial arc of the circle.

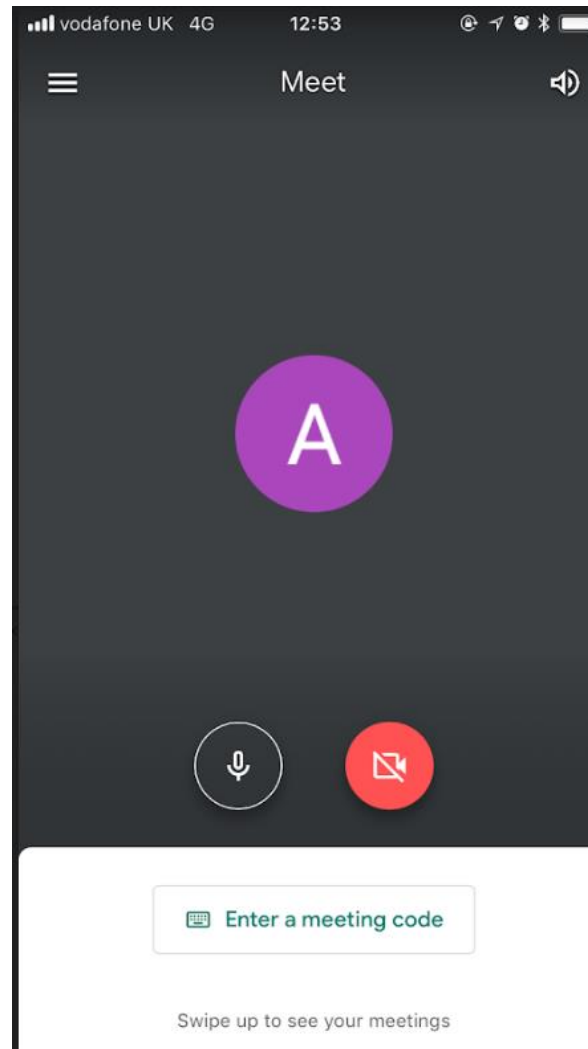
Tip: Pin Karen's camera so it always stays in view

Google Meet App

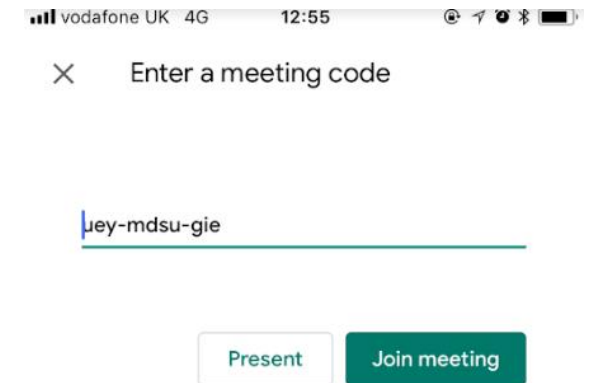
1) Download the App



2) Once downloaded, swipe up to enter the meeting code

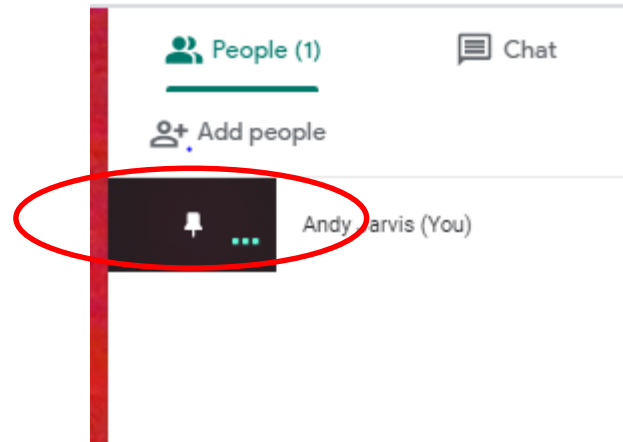


3) Enter the meeting code without the google.com/



Tips

Pin Karen's camera



Instructions

- Set up your yoga mat in the corner of your room
- You can join from any device e.g laptop, tablet, mobile phone. All you require is an internet connection
- You have the option to share your webcam so I can see and adjust your virtually
- Suggest to mute your speakers but unmute when you want to groan
- Practice with me
- Purchase a pass from my [shop](#), donate or watch for free

Instructions

Here is what to do if you don't have props at home

- Blocks – use thick books
- Bolster – roll a fairly heavy blanket/cushion
- Strap – use a scarf
- Blanket – well, a blanket