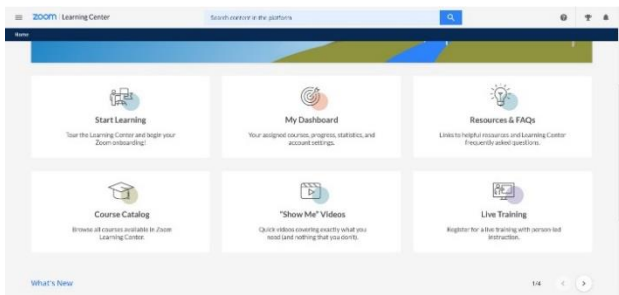


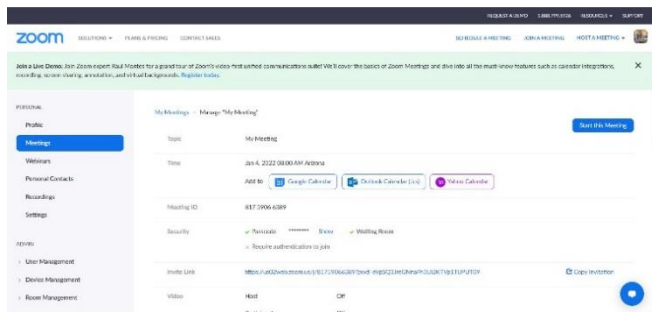
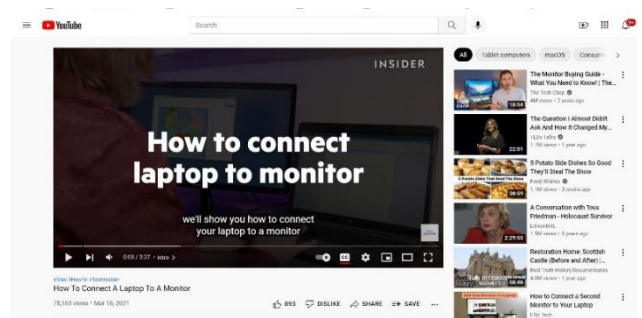
Top Tips for Zoga (Zoom Yoga) Success!

Zoom has opened our personal space to so many opportunities to connect with the world, learn new skills, and stay strong and healthy. After hosting and attending oodles of Zoom meetings, we've come up with our Top Tips to help you have the optimal experience.



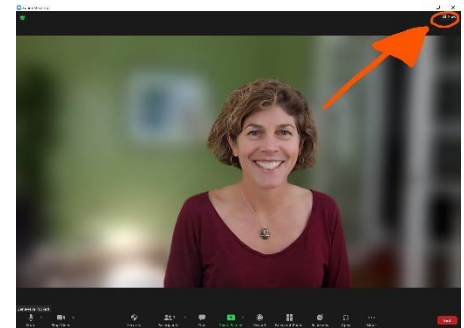
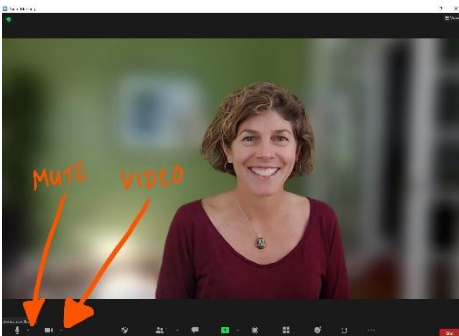
1. If you're new to Zoom, Welcome! Investing some time in getting comfortable with the system will help you relax and class experience. [Zoom's Learning Center](#) has excellent tutorials, as well as [YouTube](#).

2. Although you can access Zoom on a smart phone, the screen is so small that it is hard to see the instructor and the details of the poses. Using an iPad is better, using a larger laptop or computer is even better and hooking up your device to a large monitor or Smart TV is the best! You may need an extra cord. Our instructors love using big screen TVs so we can see the details. There are lots of resources on [YouTube](#), and perhaps a teenager, for more information.



3. We want to be able to see you, too, so please make sure that your computer/camera is far enough away from you to have your whole, standing body in the frame. Usually, this is about 10 feet away from you. You can set up a "test" meeting to check your camera location, lighting, etc. before class. Just go to Zoom, select meetings, choose "Save" and then click on "Start Meeting" in the upper right corner. Then start your one person meeting to check your set up.

4. To best see the instructor, select "Speaker" from the "View" drop down in the upper right corner of the Zoom meeting screen. If you want to see the whole class select "Gallery." Screenshot is from laptop.



5. Please turn on your camera by clicking on the "Start Video" in the lower left-hand corner of the Zoom meeting screen. Mute/Unmute are also in the lower left-hand corner.