



Greetings!

Missing yoga? We miss you too!

We have had 2 Rusty Hinges classes last week and a Yoga TuneUp class that have provided a great sense of connection to our community. My gratitude to Saskia and Bo, who have been leading us as we walk the learning curve and troubleshoot going online. We've learned a lot and things are getting smoother with each class. Thanks for all your patience as we navigate these times.

We anticipate moving more of our classes online next week, but it will be a slow transition. We're making a few changes that we hope will make communication about class registration easier. We want to support you in your self-care more than ever during this time! We encourage you to use this as an opportunity to get familiar with Zoom, as it will become a way to stay connected with many people and groups in your life.

Registration Instructions:

Double check the schedule, as there may be changes from our regular schedule.

If you can register online on Mindbody or our website that is ideal.

Any other class registrations or questions? Message us at yoga.thewell@gmail.com.

Our office manager Angie will be checking phone messages just twice a day, so you can call to register by phone if you call the day before. The quickest way to request help is by email. In order to manage the online format, we need you to register at least 2 hours before the class. If you need assistance with classes, all our instructors can be reached at yoga.thewell@gmail.com.

30 minutes before the class, you will receive an email from The Well for Women, subject Please join Zoom meeting in progress. About 10 minutes before class, under the words "Join Zoom Meeting", **Just click the long blue link**. It will look something like this:

Please join Zoom meeting in progress Inbox x



Info at the Well for Women

to me ▾

Join Zoom Meeting

<https://zoom.us/j/804610071?pwd=QUdSUENxbFczYjFyVDNabjNXemsvUT09>

Meeting ID: 804 610 071

Password: 792784

One tap mobile

+19292056099,,804610071# US (New York)

+13126266799,,804610071# US (Chicago)

Dial by your location

+1 929 205 6099 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

Meeting ID: 804 610 071

Find your local number: <https://zoom.us/u/aJm3b7Oxu>

3. Set up your space to allow for enough room for movements around your mat. (If you don't have one they can be found on Amazon.) Have water, a blanket, and any other props you have available at hand.
4. About 10-15 minutes before class, click on the link and follow instructions. (Allow Zoom.us? Click on it for yes. Use computer audio? Click on it for yes.) Figure out the best place to put your device so you can see it from your mat. Once you are familiar, you won't need so much lead time.
5. Once you get to the meeting video window and see your teacher's smiling face, you can move your mouse to see the bar on the bottom of the window. It gives you the option to mute your mike (if you have noise in the background, for example), close your video or other options.

This is a long way of saying:

- Register for class early! Once class starts the instructor cannot check email to let you in.

- Click the link in the email 10 minutes before class
- Enjoy the benefits of your yoga class.

Thanks so much, and we look forward to having you “join” us for class!

Julie, Angie, and The Well for Women Team

yoga.thewell@gmail.com

PS. Technology stress you out? Julie can do a "test run" of zoom with you. It gives me a chance to say hi, and let you work through kinks without any pressure. I'm happy to do it! julie@thewellforwomenct.com

The Well for Women | 495 Blake St., Suite D, 495 Blake St., Suite D,
New Haven, CT 06515

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by julie@thewellforwomenct.com in collaboration with



Try email marketing for free today!