

“HOW TO” GUIDE FOR ONLINE CLASSES

Artemis Yoga offers “live” online yoga classes through Zoom. To join, find an inviting space to practice and follow the steps below:

Step 1: Use your MINDBODY account with Artemis Yoga to register for class. Note the Meeting ID in the class description.

Helpful Tip Please register in advance to streamline attendance and to allow us to send you a recording if you miss the class or join late. Please register even if the class is listed as “free - community class.”

Step 2: Log into <https://zoom.us/join> and enter the Class-Specific Meeting ID then click “Join.” The Meeting ID is listed in each Artemis Class Description.

Helpful Tip Start the login process 10-15 minutes before class so that you are ready.

Helpful Tip We recommend downloading the Zoom client on your computer, laptop, tablet, or phone. You can enter the Meeting ID number from there.

Step 3: Once you click on the Meeting ID, register with your name and email in Zoom. Please use your real name so we can match with Mindbody. You will then be entered in the “Waiting Room.”

Helpful Tip The Waiting Room is where Artemis Staff checks attendance. If we can't identify you from your Zoom user name, you will not be let into class.

Helpful Tip You will be asked if you registered in Mindbody, if you had trouble doing so, please click “No” and stay in the Waiting Room, we will assist you after class.

Helpful Tip We start letting people in from the Waiting Room 15 minutes prior to class. Large classes take a bit for us to check everyone in, please be patient.

Step 4: When let in from the waiting room, click “Join with Computer Audio.”

Helpful Tip We mute participants during class but you may unmute yourself at any time to ask questions or to say hello! We like to see you and greet you, though you may choose to turn your camera off.

Helpful Tip Use “Chat” to communicate if you do not want to speak out loud.

Helpful Tip Zoom prompts for consent to be in a recorded class, please accept so you may continue to be in class. Note that the recording is set to record only the teacher who is in the spotlight. Recordings are sent to registrants who are absent.

Step 5: Enjoy your yoga class!

THANK YOU FOR JOINING US ONLINE FOR CLASS!

If you need immediate assistance, call 617-393-3590 - we are often at the studio for online classes but not always.

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