



How to Join Us On-Line

Updated: March 23rd

Effective immediately we will be temporarily ceasing our in-person classes.

We will offer all our regular classes on-line so that we can best support public health and the wellbeing of our communities.

Continuing to take classes at Lotus on-line will help keep you as healthy as possible, help keep our greater community safe and help keep our teachers and small business afloat. None of these things is trivial at this disorienting and challenging time. We hope to offer all our regular Lotus classes on-line until the Governor lifts the public health restrictions and it is safe to come back to the studio and practice together again. We look forward to the day that we can see each of you in person again! In the meantime, we will see you in the virtual world!

Read on for details of our live-streaming classes with us...

Here's how on-line classes work:

- On-line classes are listed under "classes" on our website: www.LotusYoga.biz.
- **Before you try to sign up for our on-line classes, please make sure you have these things set up:**
 1. **Internet or cell access on a device that has a camera and speaker.**
 2. **An on-line account with Lotus Yoga.**
 - **You will need a log-in and password on the Lotus yoga web site on-line schedule.**

- **The settings on your Lotus account profile must include the option to receive emails**
 - This is under your “Profile” and “Contact” and the email must be selected for both “Account management” and “Reminders and schedule changes”.
 - If you have questions about this please email Maia and she will help you out as soon as she is able.
 - This is the email and log-in that you have been using to sign up for Lotus classes on our on-line schedule if you have already been doing that.
 - If you have not been using an on-line account, no problem! You can re-set your password if you know what email is associated with your account. Just go to the on-line schedule and click on a class to sign up, when the log-in appears, click on “Forgot Password” the system will guide you through a system reset.
 - If you do not know what email account you were set up with, email us and we will help you out. Please give us a day to respond – we will try to respond sooner and as quickly as possible
- 3. A FREE Zoom on-line meeting account with a log-in and password.**
- Students who would like to participate in the on-line classes will need to create a Zoom account (free and easy to do) on the Zoom web site if you do not already have one. To set one up, go to www.Zoom.us on your web browser. There is a blue button that says “Sign Up” on the top right corner of their home page.
 - **PLEASE NOTE: YOU MAY HAVE BEEN USING ZOOM WITHOUT a log-in and password: you will need to have a FREE Zoom log in and password to access Lotus classes on-line.** This is for security and so that we can know who is accessing our classes. Remember, the account you need is free, it is just one extra step to make sure we have secure classes on-line.
- **Ok! Once you have steps 1 and 2 set-up, you can schedule your Lotus Yoga classes! Here is what you do next!**
 - Sign up for classes at our web site on-line schedule page: www.LotusYoga.biz click on the “Classes” button.
 - Classes will be open to signing up 7 days in advance.
 - Choose your classes to register for and click to sign up.
 - Enter your Lotus Yoga log-in and password
 - **You can use your existing class card / unlimited cards or pay in any of our standard ways for class!**
 - If you do not see your class card / unlimited or account history please email us (any Lotus email but info@lotusyoga.biz works).

We will combine your multiple Lotus accounts into one. Please be patient we will get back to you as quickly as possible.

- If you regularly purchase a senior/student/school teacher class card, please email us for instructions on how to purchase your card.
 - If you are in need of a sliding scale option, please email the studio. We are trying to continue to offer a sliding scale options as much as we can.
 - **Please sign-up for class for each person in your household who is attending class just like you would pay for each person at the studio for classes. Payments are per person, not per stream** so that we can continue to operate and so that we can re-open after the public health threats have passed. We appreciate your support and presence in our “virtual” studio, it means so much to be able to keep our business open and to continue to support your wellbeing.
 - **You can now sign up for classes up to 15 minutes before class start time.**
 - **If it is your first class, make sure to sign up at least day in advance to give you time to work out any glitches.**
- **Once you have signed up for class on www.LotusYoga.biz here is what to expect:**
 - **Receive the email LINK for class:** You will receive an automatically generated email from our studio email address that will go to the email that you use to sign up for your Lotus Yoga on-line class schedule. This email will include your on-line class invitation link, password for that class and instructions for joining the meeting (class). The email will get to you shortly after you sign up for class.
 - If you have not received that email within a few hours of registering for class, please email Maia and she will resend you an invitation link as soon as she can. We think we have worked out the technical issues, but these things can sometimes pop back up so please be patient with us and let us know if things don't go as planned so that we can fix any issues.
 - **Once you are signed up for class and you have received your email LINK for class, please make sure to:**
 1. “Join the Meeting” At least 10 minutes before class: You do this from the link that you received after registering. Give yourself a few extra minutes the first time, there may be a little learning curve, but Zoom is really really easy!
 2. Gather all your favorite home props and set up your yoga mat in a cozy spot with access to the device that you will use to "take class" (phones, laptops, computers all work, anything with access to the internet!).

3. Grab a cup of water, tea or hot chocolate... the options are endless!
4. Let the cat or dog know that it is time for yoga (cats and dogs love when their humans do yoga at home).
5. Start and end class with the folks at the studio, it won't be a perfect, glossy, professional quality on-line yoga class but it will be almost as good as being there in person at Lotus with your favorite Lotus teachers and community members.
6. **If you lose the thread of the on-line class for a moment, don't worry, just do something that feels good in your body:** take a breath, do a down-dog, cat / cow, tree pose, child pose... really anything that feels good and then rejoin the flow of class when you are ready.
7. **Our classes have been going really well (knock on wood) but if you happen to experience technical difficulties** during your on-line class, get in touch with Maia. She won't be able to respond to all issues immediately, but she will do her best to get back to you as soon as possible.

If you need to purchase a yoga mat to practice at home, we are offering Manduka X mats for a deep discount of \$35 each until the end of March. We are offering all other yoga mats for 15% off. We will continue to order more mats as needed. If you would like to purchase a mat from us, please email us.

Now is a good time to practice compassion, patience and curiosity: all yoga and mindfulness tools that will help us all get through this challenging time with as much equanimity as possible. We continue to be grateful for your continued presence (virtual presence), understanding and cooperation. Get lots of rest, stay well-hydrated and remember that keeping up our regular healthy habits (like meditation and yoga) are important in helping prevent illness. What a joy it will be to see each of you again at the studio when this has passed! In the meantime, we can support each other from afar and we will get through this together (virtually). We thank you for your mindful care of yourself, the greater Seattle community and your Lotus community. Be well!

With great warmth,
Maia and the Lotus teachers

[Visit Our Website](#)

Lotus Yoga: In the Heart of Columbia City
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