

# Lotus Yoga - Online Classes Step by Step

March 2022

1. **Internet:** Make sure you have fairly reliable internet access on a device that has a camera and speaker. You can use wi-fi, cell or cell "hotspot" or any other internet access.
  
2. **Lotus account:** Make sure you have an online account with Lotus Yoga:
  - a. New students: sign up on our web site under the classes tab.
  - b. Existing students: You have an account already! If you don't know what email or password is associated with your account email us, we will let you know!
  - c. If you already know how to sign in, go to the next step!
  
3. You have completed all the basic setup of steps 1 and 2! Congrats! Now you can register for online classes at Lotus!
  
4. **To register for class:**
  - a. Sign into your Lotus account
  - b. Navigate to the class that you would like to attend, click on the "Book Now" button.
  - c. Follow the system prompts to use your prepaid class card or unlimited card or to pay for classes. Voila! You are registered!
  - d. 30 minutes before class starts you can access the Zoom class link either by:
    - i. Logging into your Lotus account and clicking on the class you are registered for. 30 minutes before class starts, there will be a "join class" button that will take you right into the zoom class (make sure you are signed into your zoom account for authentication).
    - ii. The screen that you will see in the class, looks like this:



## Online - Mindful and Steady BOOKED

ONLINE CLASS

Sunday, January 30 • 9:00 AM - 10:30 AM



**Sheri Cohen**

Sheri is an Assistant Trainer in the Fel...

[Read more](#)

Cancel class

**Go to online class**

Online: Sunday 9 am Mindful and Steady with Sheri

Join Zoom Meeting

<https://us02web.zoom.us/j/99920834526?pwd=Nnhucm83b3c0cElrMjZFOHRtSXc0Zz09>

Or

iii. You can also use the zoom link displayed that under the class that you can copy and paste into your web browser or zoom app.

Or

- iv. Use the link in the email that has been sent to you 30 minutes before class starts.
- v. So easy and so nice to have options!

**If you have any questions please reach out to Maia, she is happy to help you soft out any issues:**  
[maia@lotusyoga.biz](mailto:maia@lotusyoga.biz)

## Some FAQ's :

- **Class sign up windows:**
  - You can sign up for any class right up to the start time, but we recommend signing up a little in advance, if possible. This just allows more time to sort anything out from internet glitches to password mishaps.
  - For in-person classes remember that pre-registration is required but you are welcome to sign up anytime as long as there are spots available.
  
- **Can I use my existing class card or unlimited card?**
  - You can use your existing class card or unlimited cards for our online classes!
  - Your existing class card or unlimited card will be available on your account when you sign in.
  - If you don't see your existing class card or unlimited card on your account no problem, email us and we will sort out any issues.
  
- **Can I pay for a drop in for online classes?**
  - Yes! You can pay for a drop-in for our online classes using all the regular online payment methods. It's easy to do and you will be prompted to do so by the system as you sign up for class.
  
- **Can I pay for a new class card or unlimited?**
  - You can pay for our online classes using all the regular online payment methods. If you need a new card to sign up for class, you will be prompted to do so by the system as you sign up for class.
  
- **Sliding Scale:** We have sliding scale class options for our online classes for those who wouldn't be able to attend classes otherwise. The sliding scale option is now available for purchase online when you sign up for classes.
  
- **Pay-it-forward:**
  - If you are able, you can help support the sliding scale classes in these ways:
    - Purchase a "Drop in - pay-it-forward" class payment option.
    - Donate an unused class card.
    - Purchase a gift certificate for your friends and loved ones.
    - Spread the word about Lotus online classes! Just come to class, we appreciate your continued support.

- **I regularly purchase a Senior / Student / School teacher / Vet class card at the studio in person.** How can I purchase one now?
  - Feel free to use the “Supported” class card option to receive the S/S/S/V card pricing.
  
- **One sign-up per person please** - rather than one sign-up per stream.
  - 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 regular classes. Payments are per person, not per stream so that we can continue to operate in a healthy way.
  
- **Camera on or off during online class: your choice and we support you!**
  - It's your choice and we support you whether to have your camera on or off. Here are some things to consider... You can always change your mind... and turn your camera on or off at anytime during the class.
  - If you are planning on keeping your camera on during yoga, that's great! It gives your teacher a view of what you are doing so that they can tell how the timing of the sequences are going for students, see your alignment and gauge how class is flowing for you. You may want to play with where the camera is pointed so that you feel comfortable. Make sure that you can still see the screen, so that you can see the teacher.
  - If you are planning on turning off your camera during practice, that's great! This can feel like a good choice for some students, and we support you if this is your choice.
    - Take good care of yourself if you choose this option, and know that while the teacher won't be able to see you with the camera off, you can take great care of yourself by listening to your own body. If you choose to turn your camera off during practice, please do say "hi!" before and after class if you please. We always love to hear your voice.
  
- **First time taking online class? Give yourself a little extra time.**
  - Give yourself a little extra time the first time you sign up - we suggest a day before the class you want to take. Generally it is a smooth process to set yourself up to take online Lotus classes, but sometimes there are a few glitches to get worked out along the way. We are all learning and adapting. Things will get sorted out, we might just need a little time to address any issues that pop up.
  
- **Some last suggestions for taking online class:**
  - Set up your home yoga oasis! ...or your closet, kitchen, nook, living room, garden or lanai becomes a yoga oasis...
  - Gather all your favorite home props: A clean towel, a blanket, pillow and a few thick books make great yoga props.

- Set up your yoga mat in a cozy spot that is free of obstacles. Rule number one is that it just needs to be big enough for your mat and for you to move safely, it should be warm enough to be comfortable, but it doesn't need to be anything fancy.
- Access to the internet: Make sure that you have access to the device that you will use to "take class" and that your device has access to the internet there.
- Make sure that you can see the screen from your yoga spot.
- Before class, I like to grab a cup of water, tea or hot chocolate... the options are endless! This is one of the "perks" of home practice, beverage selection is endless and you get to use your own mug!
- It's Time to Log Into Class! Woo hoo! It's yoga time! Enjoy! You'll start and end class with all the folks in class, just like when you come to the studio but minus the commute time. Class won't be a perfect, glossy online yoga class but it will be almost as good as being there in person at Lotus with your favorite Lotus teachers and fellow community members
- About 3-10 minutes before class time, join class!
- Next "Join the Meeting" or log into class by clicking on the link in the class link email you received, or log into your Lotus account, select the class you are taking and click on the link or "Join Class" button under the class. These will be displayed on the schedule page 30 minutes before class starts for any classes you have signed up for.
  - You should only need to click on the "meeting" aka yoga class link that is a hyper-link and is a highlighted blue text. The other ways to join the meeting (and the password) are included in the email just as back-ups. It should really be just as simple and clicking the highlighted link.
- Give yourself a few extra minutes to log on the first time, there may be a little learning curve, but Zoom is really really easy!
- Once you Join the Zoom meeting, you will see a meeting "waiting room" with our logo and text letting you know that the teacher will admit you to the meeting (class) shortly. Just take a sip of tea or pet the turtle, your teacher will admit you shortly.
- Once you are admitted to the class, we will say "hi!", check in and make sure we can hear and see each other.
- Your teacher will mute all the students so that we can hear the teacher clearly and background noise is limited. Please know that the controls are set so that you can unmute yourself at any point in class should you need to ask a question.
- If you lose the thread of the online 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.

We hope that this step-by-step how to has been helpful and we hope to see you online soon! As always, if you have any other questions or experience any issues please don't hesitate to reach out via email, we are happy to help you get set up or problem solve. We thank you for your mindful care of yourself, the greater Seattle community and your Lotus community. We are wishing each of you steadiness-of-mind and bountiful good health in the days ahead.

With great warmth, Maia and the Lotus teachers

~Be Strong, Be Kind, Be Free~

[info@lotusyoga.biz](mailto:info@lotusyoga.biz)

[www.LotusYoga.biz](http://www.LotusYoga.biz)