

What is Zoom?

Zoom is a video conferencing platform used for virtual meetings, webinars, and yoga lessons. The Zoom website is: <https://zoom.us/>

How will I meet with Gail?

Gail has a “Zoom room” with a special link for a private video conversation. When your sessions have been scheduled, Gail will send her “Zoom room” link to you via email.

Should I use my laptop, phone or tablet?

Online yoga works best when you’re using **a laptop** with a camera at the top. This allows the camera to be adjusted so Gail can see **everything** you’re doing. Gail needs to see your shoulder blades, nag you about your hip flexors, and encourage you to relax your big toe!

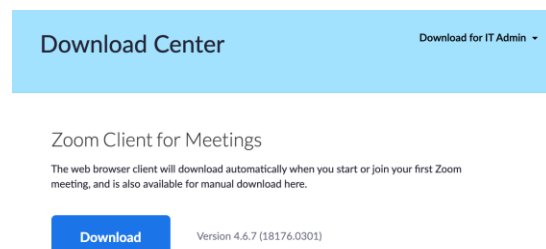
How do I set up my laptop and mat?

Set up your laptop far enough away so Gail can see you & the side view of your full mat. The whole horizontal mat should be in the camera frame. Do your best and don’t worry. You and Gail will make little adjustments as needed at the top of your session.

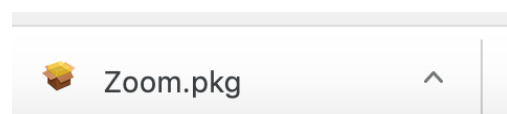
What do I need to meet with Gail in her “Zoom room”?

Download the Zoom app to your laptop computer: Visit Zoom’s Download Center <https://zoom.us/download> to download the application to your computer.

Click on Download:



Zoom will download the Zoom package to your computer.



Click on Zoom.pkg and follow the prompts to download the Zoom application to your laptop.

Once installed, create your account. The Zoom icon looks like this:



How will I get the Meeting ID for Gail's Zoom room?

Gail will email you with the following information:

Meeting date:

Meeting time:

URL to Gail's Zoom room:

Tap on the URL to open Gail's Zoom room. A box will appear:

Open zoom.us?

https://zoom.us wants to open this application.

Cancel

Open zoom.us

Tap on **Open zoom.us** The Zoom app will be activated and your meeting with Gail will appear!

I'd like to schedule a test call before my online yoga session.

If you've never used Zoom, we'll happily schedule a quick test call. Just email Gail and let her know when a good time might be.

Will the yoga class with Gail be recorded?

Yes!

I have more questions. Who should I contact?

Email Gail's at gaileee@yahoo.com for additional support.