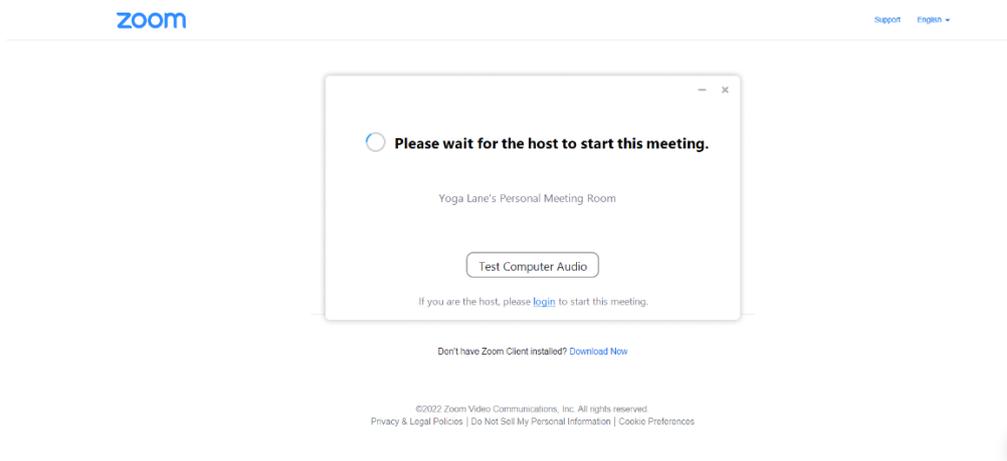


# Zoom Instructions

Zoom is easy to install and use.

1. **If you're using a computer** – click on the email link and your web browser will automatically open the Zoom website. The very first time you use a Zoom link, you will be asked to allow the Zoom client to be installed. After you install the Zoom client, you will see the following page. (This is the page that will automatically open from now on.)



That's how easy it is. You don't have to join or create an account, you can if you want to, but that's not needed to join someone else's meeting.

2. **If you're using your smartphone or a tablet** – go to the App Store (iOS device) or Google Play (Android device), and download the app.

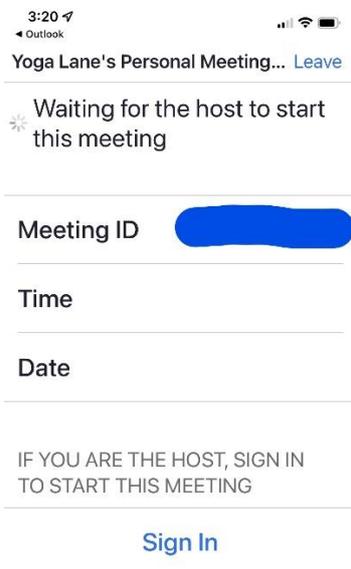
These two screenshots are from the App Store. Just download the app and follow the simple instructions.



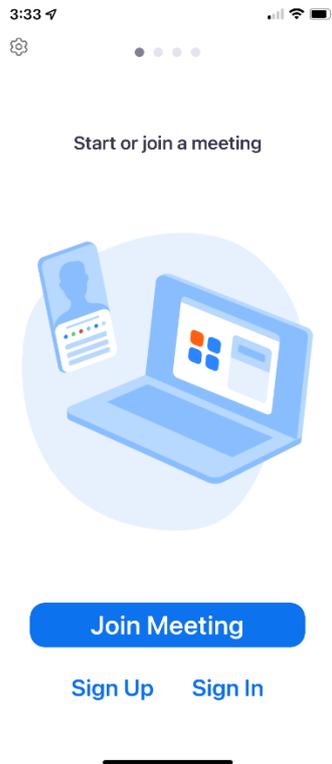
When you click on the email link in your Mail App on your smartphone or tablet, it will open the app automatically, and this is the first screen you'll see.



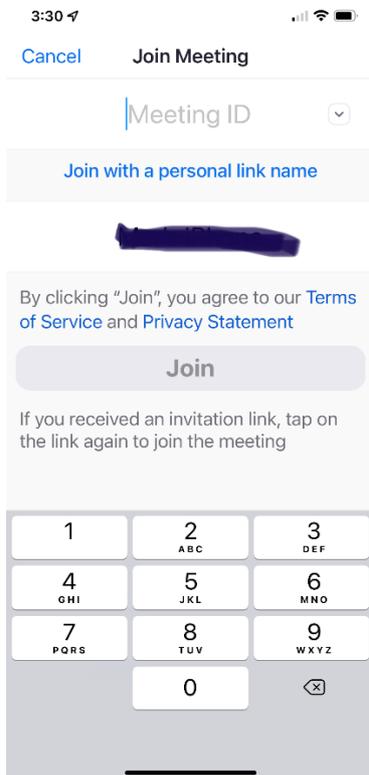
Once it's connected, it will automatically open this next screen, and all you need to do is wait.



If you prefer, or need, to manually input the Meeting ID (Class ID, which is the number at the end of the email link), open the app and you will see this screen. Click on Join Meeting.



Once this next screen opens, you can input the ID number.



**TIP to make it easier for you to see your teacher demonstrating the poses.**

If you have a smart TV, you might be able to send your smart device's screen to it so you can see your teacher up on the "big screen". You'll need to check your TV's manual.

If you have an Apple TV, it's easy to mirror your smart device's screen with your TV.

So, that's it – I said it was easy.

We hope to see you in an online yoga class soon.