

Suzy Greenwood (nee Daw)

Yoga Remote Services

Purpose: To support and provide details on connection to remote sessions using zoom conference facilities

Version: 3.0

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‘Beyond all the unsettled feelings and the anxious thoughts there is an inner sanctuary within us all, our deep ‘well of being’. We need to get to know this place intimately, connecting to it as much as we can, noticing that underneath the disturbance in our body, heart and mind this place is filled with infinite stillness, calm and presence. As much as you can in each moment, every day, support yourself by engaging with practices that allow you to drink deep from your ‘well’ and nourish yourself.’ Suzy

We can find comfort, grounding, joy and healing by keeping our practice and connection strong in ourselves and with each other in this unpredictable time, join me for an online yoga class, movement and, or meditation session.

Classes are being offered by donation, a suggested donation of £5 to £10 per session. However, if you are needing the support and your funds are low don’t worry just join us anyway. I feel at this time we need to reach out and support each other in anyway we can.

To book into a session you will firstly need to send an email to info@suzygreenwood.co.uk to express your interest.

Payment is via BACS or Via PayPal.

Please contact us via info@suzygreenwood.co.uk For BACS details

For PayPal please visit the following address

www.paypal.me/SuzyGreenwoodYoga

How To Access Via Web Browser

1. Open your web browser (*we would recommend using chrome if possible as this is the most straight forward / reliable software to support zoom sessions, if you don't have chrome it can be downloaded here <https://www.google.co.uk/chrome/>)
Go to <https://zoom.us/jc/3324229014> this should take you directly into the meeting room holding page, when the meeting is live you will be prompted to enter your name and connect.*

The meeting has not started

The page will refresh in 5 seconds, or [reload the page now](#).

If this method has worked and you are connected or at the meeting page continue to step 6 on this document.

2. Open chrome or your preferred web browser and visit, <https://zoom.us/join> , you should be presented with the screen below.

zoom SOLUTIONS ▾ PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING ▾ SIGN IN

Join a Meeting

Join

[Join a meeting from an H.323/SIP room system](#)

3. Enter the Meeting ID provided
These will appear below a link headed
Meeting ID: 332-422-9014

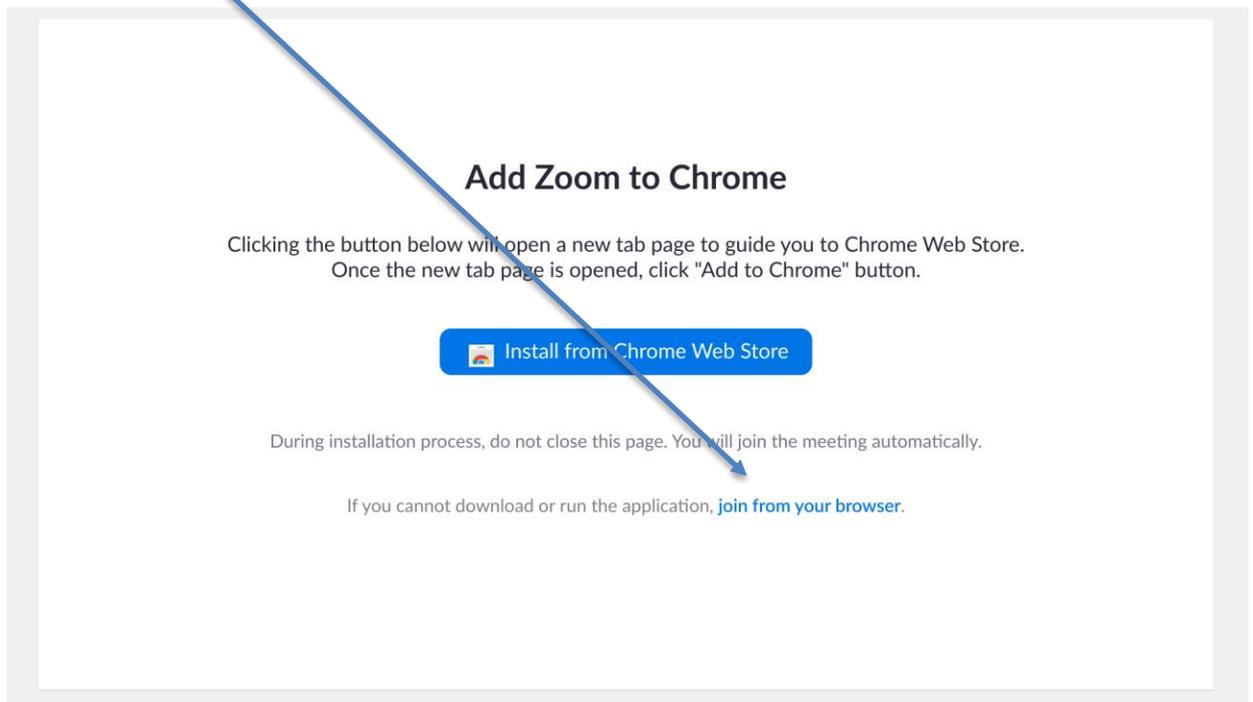
Join a Meeting

332 422 9014

Join

[Join a meeting from an H.323/SIP room system](#)

4. You will now be prompted to download the add-on for your browser, at this stage click the ["Join from your browser"](#) link highlighted in blue towards the bottom of the page



Add Zoom to Chrome

Clicking the button below will open a new tab page to guide you to Chrome Web Store.
Once the new tab page is opened, click "Add to Chrome" button.

 Install from Chrome Web Store

During installation process, do not close this page. You will join the meeting automatically.

If you cannot download or run the application, [join from your browser](#).

5. Click “I Agree” to proceed

To use Zoom, you need to agree to the
Terms of Service and Privacy Policy.

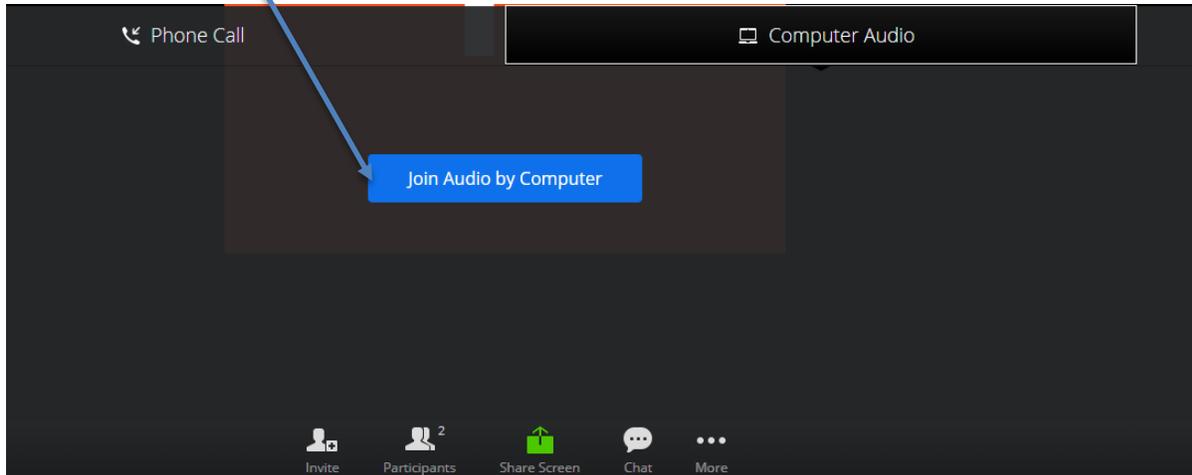
6. Enter your name and click “Join”

(This will automatically appear if you are waiting for the meeting to start when the session is kicked off)

Please enter your name to join the meeting

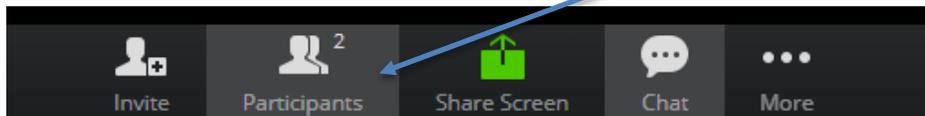
Your Name

7. You should then be entered into the session with the option to join the meeting audio via computer or audio, *(it is recommended to join via computer should you have the hardware to support it microphone / speakers / webcam)*

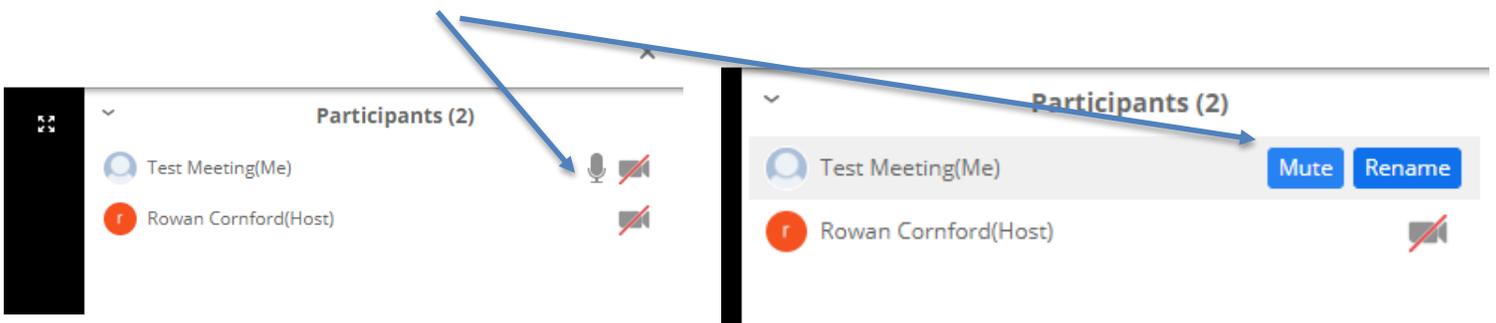


If you can't access the audio please click the Phone Call tab and review the dial in options however there is likely to be regional cost to dialing into these numbers, please refer to zoom's terms and conditions for information on rates as these can vary.

8. You should now be in the session with access to view and communicate. Please announce your presence and then mute your microphone.
 - a. To mute your microphone please click on the **participants** in the bar at the bottom



- b. Then hover over the microphone icon next to your name and click mute



When the microphone is struck through, the microphone has been muted; hovering over the icon again will give the option to unmute.

Best Practice For Participation

- Please ensure you have a quiet space to practice in and wear something comfortable to move about in.
- Have your yoga mat (or a towel/rug if you do not have one), a belt/band, dressing gown cord
- Announce your presence when entering session.
- Make sure your computer camera is positioned so you can see me and turn up your volume. I will be demonstrating where needed too.
- Always have the microphone muted when not asking a question to ensure best quality of service for all participants.
- Ensure that you are centered and clearly visible in the camera field of view to enable feedback.
- Ensure that you connect to the meeting at least 5 minutes before the scheduled start time to ensure you're in the virtual waiting room ready to connect to the session. (you will be presented with a message saying, your meeting will start shortly)

Caveats

- **We highly recommend using Chrome to access this service as this is the most straight forward in getting you connected and into the session.**
- Browser version requirements: Internet Explorer 10 or higher, Microsoft Edge 38.14393.0.0 or higher, Google Chrome 53.0.2785 or higher, Safari 10.0.602.1.50 or higher Firefox 49.0 or higher
- There are other options to connect to Zoom meeting via smartphone and desktop client, support for these can be found via the zoom support site at <https://support.zoom.us/>

We recommend using connection via the web browser to be hardware / software agnostic as possible.

DISCLAIMER:

As a yoga teacher and physiotherapist I wish to try at all times to keep my students safe whilst practicing. However, I am not in the room with you and therefore, am not able to suggest adjustments or help you in any way. I therefore, ask that you always listen to your body and do less or stop if something does not feel right. I cannot accept any responsibility for any injury that may happen whilst you are participating in these remote guided classes.

I do hope you find the sessions supportive and if you want to contact me directly then please email on info@suzygreenwood@gmail.com

Thank you for joining us and hope that you find the practices connective, healing and supportive to your well-being

Suzy x

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