



the home
of yoga
and acupuncture

Thank you for choosing to attend one of hemma's online classes. We have included some helpful information as well as FAQ below as a way to improve your virtual experience with us.

How do I join the class?

Here is the link and password for all ongoing online classes, which can also be found on our website. <https://zoom.us/j/6224045661>

Meeting ID: 622 404 5661

password: hemmalove

Pro Tip: download the Zoom app prior to class to familiarize yourself with the meeting controls and set up your virtual practice space.

When can I enter the virtual Zoom class?

The class will open 10-15 minutes before the start time. Try to log in at least five minutes before to ensure that you are all set and ready to go.

For our security, teachers will admit each individual to the class. This means that you may need to wait a few minutes to gain access. This will keep our classes private and secure.

Should I have my video and audio turned on?

Before class begins, you may want to connect and say hello to other students by turning your audio on. At the start of class, please mute your audio as any echo, resonance or otherwise unexpected background noise will disrupt the experience for all participants.

To mute yourself, click the Mute button (microphone) in the bottom-left corner of the meeting window. A red slash will appear over the microphone icon indicating that your audio is now off.

We encourage you to leave your video on if this is something that feels comfortable for you. This allows teachers to offer verbal cues, adjustments or modifications. It also invites a sense of connection and community into our classes together.

To turn your video on or off, select 'Start Video' / 'Stop Video' in the bottom-left corner of the meeting window. Pro Tip: Do a stretch check. Orient your computer and mat so that you can best see and be seen by your teacher in a variety of poses (standing, kneeling, laying down, etc.)

How do I enlarge my teacher's video?

For clarity, and to help minimize distractions, some students prefer to pin the teacher's video to the main screen. To do this simply hover over the video of the person you want to expand and click "...". From the menu, select "Pin video."

How do I make the connection better?

Try to be as close to your modem as possible. It helps if other people in your house are not also using the wifi at the same time. Turn off phones or put them on airplane mode and close extra browser windows on the streaming device. Pro Tip: Keep your device plugged in and charging during class so that your battery doesn't die during savasana (we've been there).



Will teachers play music?

Teachers will refrain from incorporating music which could affect the overall quality and sound of the video. If you feel called, you are invited to play music in your own space to provide ambience.

What about props?

A mat is not required, but certainly helpful. A hard floor with a yoga mat gives you the best balance of stability and cushioning. If you don't own traditional props, we have mats and props for sale in our Online Store, but you can also get really creative with the things that you already own at home. See our tips below:

- In place of a strap, use a bathrobe tie, belt, scarf, two neckties tied together or a leash.
- Blocks can be replaced with a dictionary or you can create a small stack of hardcover books, we've even seen people use soup cans for support.
- Most of us have an extra blanket kicking around, look for a thick or firm blanket for support, weight and warmth.
- To create a bolster, take two or three firm blankets and roll them up hot dog style. Use something soft to tie the ends (shoelaces, neckties, bandanas, etc.) and slide the whole thing into a pillow case. Voila.