

About Yoga Seven's virtual classes

How it works

- Clients register through WellnessLiving, either using our website's Schedule page or the WellnessLiving *Achieve* app.
- Teachers can access their own classes in WellnessLiving either by using the Staff Log-in button on the wellnessliving.com website, or (for mobile devices) by downloading the WellnessLiving *Elevate* staff app from Google Play or the Apple App Store.
- When a client registers for a class, WellnessLiving sends an email confirmation of the registration (from no-reply@wellnessliving.com). The confirmation has a link to join the livestream.
- WellnessLiving creates a Zoom meeting 15 minutes before the class is due to begin.
- **60 minutes before the class start time**, WellnessLiving (no-reply@wellnessliving.com) sends an email to the **client** with the link to join the livestream class. If people sign up closer to the start time, they just receive the confirmation of registration.
- **15 minutes before the class start time**, the teacher should log in to WellnessLiving and start the class. To do so, find your class on the schedule and click on the class name. A dialog box appears with the option to **Start Zoom Meeting**. *Important: if you try to do this more than 15 minutes before start time, you will not see Start Zoom Meeting link! However, given that the clients will have the link 45 minutes before the teacher does, we would like our teachers to open up the class as soon as they can after it's been created.*

What you need (or not)

- You do NOT need a paid Zoom account. Everything will go through Yoga Seven's. However, you will need to have registered for a free Zoom account and installed the Zoom app on any device you will use for livestreaming.
- You DO need a well-lit (from the front), uncluttered space with sufficient room for you to demonstrate. The space also should be quiet. Switch off all notifications on any devices nearby.
- Although you can livestream from a phone or tablet, we prefer that you use a laptop or computer, Phones and tablets provide very little control over the livestream quality.
- Although you can use WiFi, you will get more reliable video and sound if you connect your laptop/computer/phone/tablet directly to your modem with an Ethernet cable. If you are using a WiFi connection, you will need to make sure others are not streaming music or TV/video while you are running the class.
- For teachers without their own space, we are borrowing a corner in a room belonging to a health centre called Pura Vida at 17-360 Revus Ave. Scheduling is done through Ginty. This space comes with its own set of rules with respect to opening, closing, and sanitizing, so please ask for and respect the guidelines if you use it.

For more detailed information on recommended equipment and ways to improve the Zoom experience for all, please see the document **Delivering a wonderful livestreamed experience**.