



Zoom Resource Guide

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 Rachel?

Rachel has a “Zoom Studio” with special links for a private video conversation. When your sessions have been scheduled, you will receive the Zoom link for the selected session in your payment confirmation.

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 Rachel can see **everything** you’re doing. Rachel 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 Rachel 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 Rachel will make little adjustments as needed at the top of your session.

What do I need to meet with Rachel in her “Zoom Studio”?

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

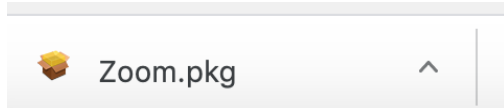
Click on Download:

Download Center [Download for IT Admin](#)

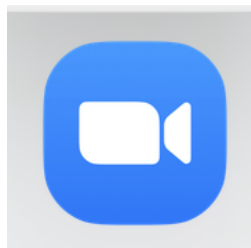
Zoom Client for Meetings
The web browser client will download automatically when you start or join your first Zoom meeting, and is also available for manual download here.

[Download](#) Version 4.6.7 (18176.0301)

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:



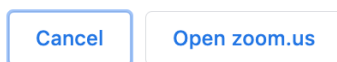
How will I get the Meeting ID for Rachel's Zoom Studio?

When you pay for your package or single/drop-in class, a Zoom link will automatically be generated as part of your payment confirmation. Click on that link and it will take you to the class you've selected. You may be placed in the virtual waiting room until Rachel is ready to get started.

When you tap on the URL to open Rachel's Zoom class. A box will appear:

Open zoom.us?

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



Tap on **Open zoom.us** and the Zoom app will be activated and your meeting with Rachel 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 Rachel at rachel@yogaflowandgo.com and let her know when a good time might be.

Will the yoga class with Rachel be recorded?

Yes! If you have privacy concerns, you can mute your video and a black box with your name or profile photo will appear instead of your live activity. Just remember, if you choose to mute your video, Rachel will not be able to see you.

I have more questions. Who should I contact?

Email Rachel's at rachel@yogaflowandgo.com for additional support.