

Svastha Yoga Online

online.svastha.net

Yoga@Home: Ancient Wisdom for Your Modern Life

Before Zoom Session

To log in

- For security, you will need to sign into a Zoom account to participate in the meeting. You can sign up for free account at Zoom.us.
- You will be accessing the course via online.svastha.net. We request that you use the same name to register at both Zoom and online.svastha.net so that we can recognize you in the meeting room and admit you to the program.

Zoom navigation

Some Zoom skills needed (next slide shows where they are in desktop version of Zoom):

- Turn on/off your microphone
- Turn on/off your camera
- Select view you want on your screen gallery view/speaker view



GALLERY VIEW

Svastha Yoga

MIC ON/OFF



CAMERA ON/OFF



Mute Start Video



Participants Chat Share Screen Record Reactions

Leave Meeting

Guidelines

Lecture

- Everyone is muted to avoid distraction by accidental unmuting or background noise.
- Please do not send chat messages to Everyone during the lecture because it is distracting.

Questions

- Mail your questions to online@svastha.net, Subject: “Pranayama June 2020 Questions.”
- Please keep questions relevant to topic. We expect a high volume of questions, so we will aim to combine them where possible.
- They may also be answered in future courses where most appropriate.

Announcement of recording

- You will receive a request to consent to recording. Feel free to turn off your video. Please see Terms of Use for details, but in brief, we need to record so that we can offer you the replay.

Practice

- Do only what is comfortable for you.