

# You Call This Yoga Online Classes



All the **You Call This Yoga** online classes are video webinars held in virtual yoga studios. Only the instructors can share their video; you will be in a *view-only* mode.

When you register, you will have a choice of weekly classes to attend. After you choose your class or classes, you will see an immediate approval with the class details, meeting ID, and URL that is the webinar link. You can automatically add this to your calendar. You will also receive an email with the same information. (Be sure to check your Spam folder!)

## **If you have never used Zoom before**

You will need to download and install Zoom on your desktop or mobile device. If you haven't done this ahead of time, you will be prompted to do it before you can open the webinar link.

This document might be helpful: [Joining and participating in a webinar](#)