

English:

Dear yogi,

As we share our meditation and yoga classes with so many of you every day, we experience more than ever the connecting force of yoga. That is why we have designed a new & elaborate class schedule that you can easily follow from your living room, your balcony or your garden! We use the platform of Zoom to stream our online livestream classes and you are able to reserve your spot through our regular website: www.denieuweyogaschool.nl.

Signing-up is easy with these simple steps:

1. Register for a free account on Zoom (link to app store & website) and install the app on your mobile, tablet, laptop or TV. We recommend a big screen and when possible connect a speaker to your device.
2. On the page '[abonnementen](#)' you can purchase a single class (€5,-) or an unlimited weekly subscription (€15,-)*
3. Now reserve your class on the page '[lessen reserveren](#)'.
4. Yes your online class is about to start! On the page '[online lessen](#)' you now see an overview of your reserved class(es). 15 minutes before the class starts you will see a pop-up button 'online meeting starten'.
5. Click on this button and Zoom will open a new screen for you.
6. Roll out your yoga mat and make sure you have a blanket and a pillow nearby.
7. Be sure to log in early (5-10 minutes) so you have time to check if it all works (sound, image) and to familiarize yourself with the options.
8. As soon as the class starts, your zoom will be automatically turned to mute and your camera will be off. Do you have a question during class? Use the chat function at the bottom of your screen! As a teacher it's great to see all students, so if you would like to turn your video on – feel free to do so!
9. We are not using music during our livestream classes, but feel free to play your own music in the background.
10. Enjoy your class!

You can find our complete timetable here. If you have any questions about the online livestream yoga classes, please consult our FAQ page or send us an email to: info@denieuweyogaschool.nl. We are happy to help you!

Take care yogis!

Namasté,
Team De Nieuwe Yogaschool

*PLEASE NOTE: to follow our online livestream classes you must **first** purchase a weekly subscription or a single class through our subscriptions menu and then you have the possibility to reserve a spot for your favourite class. It is not possible to purchase a class directly of the online class schedule.