

Agama Yoga Centre Zoom Webinar Tips

by Rebecca Nathan & Leanne Gillies

If your device is a Computer:

There's nothing to download if you're using a computer. Clicking the link (as documented) takes you to the Zoom screen.

When in the session, the controls sit at the bottom of your screen, you may need to move your cursor to the bottom to make them visible.

A "mute" button is located at the bottom left hand corner, once the class commences please MUTE your session.

NB: The images and help tips below are done using a computer.

If your device is a smart phone/ipad/tablet:

You'll need to download the Zoom app first.

If a call comes through during a Zoom session, you may lose audio/visual or both.

This could also cause delays in returning to the session.

ACCESSING AGAMA-S ONLINE YOGA CLASS USING ZOOM.

To join an Agama Online Yoga class, go to Agama's website and select the timetable page.

<http://agamayogacentre.com.au/project/timetable/>

To join the class, go to the specific day, click the "Agama Online Yoga" heading to expand the page.

The screenshot shows the website's navigation menu with 'Timetable' selected. The main content area displays a calendar for Sunday, 12 April. A red arrow points to the 'Agama Online Yoga' entry for Tuesday, 14 April. The entry text reads: '09:30 Agama Online Yoga'. To the right, there are social media links for Facebook and Instagram, and a list of news items dated 30/03/2020, 23/03/2020, 16/03/2020, and 03/03/2020.

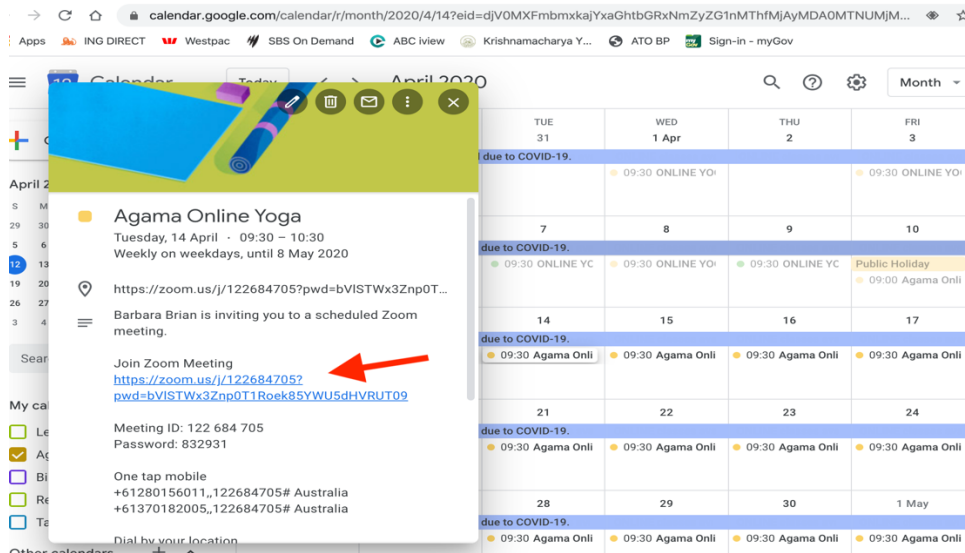
The screenshot shows the details for the 'Agama Online Yoga' class on Tuesday, 14 April. The class is scheduled for 09:30. The description states: 'Barbara Brian is inviting you to a scheduled Zoom meeting.' The Zoom meeting link is provided: 'https://zoom.us/j/122684705?pwd=bVlSTWx3ZnpOT1Roek85YWU5dHVRUT09'. The meeting ID is 122 684 705 and the password is 832931. There are also contact numbers for Australia and dial-in instructions. A red arrow points to the 'more details' link at the bottom of the page.

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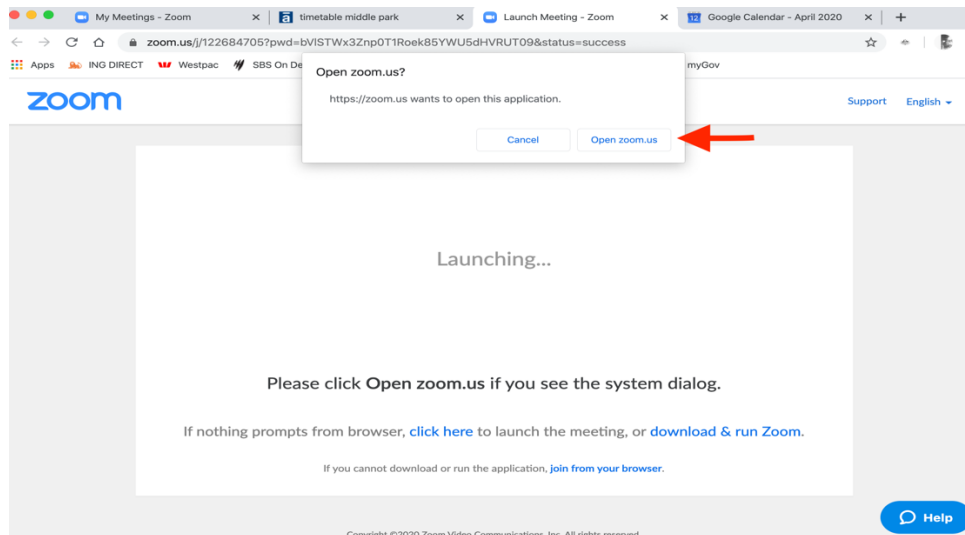
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Scroll to the bottom and click on “more details” (in blue).

This opens the Agama Google calendar, and displays the ZOOM link needed to access the Yoga Class. **CLICK THE LINK TO open the Zoom window.**



To access the Yoga class, click on “Open zoom.us”, this launches the camera screen.

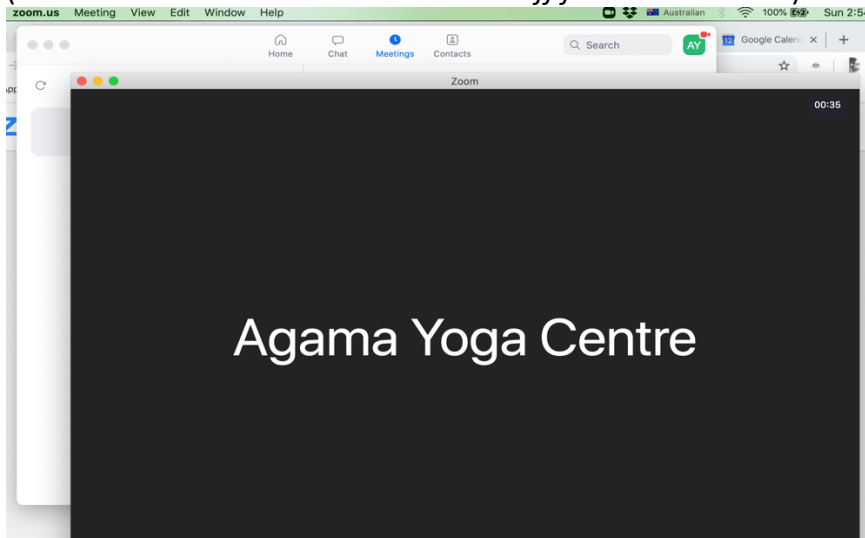


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The camera screen will display your picture.

(It's black because the camera's turned off for this document).



You can now interact with Agama's yoga teacher and the other participants.

NB: There may be a *slight delay when you first join*, so don't be concerned if the other participants are not able to immediately see or hear you.

Class times.

Agama is running one-hour sessions, which will most likely only encompass 45 minutes of actual Yoga. Why? Because using an online platform take more time to setup your speaker, smart device, position your mat, etc.

You're welcome to join prior to the start time, useful perhaps to catch up on your fellow student's news and information.

Generally, the teacher will join the session approximately 5 minutes before the class is due to start.

After the class:

If there's still time left after the class, feel free to switch the mute button off, to have a chat.

Concerns/queries?

Barbara is available via info@agamayogacentre.com.au if you have additional questions or issues.