



Dear Empower ME Yoga Community,

I trust that you are safe and hope that you can experience moments of ease and peace amidst the uncertainty. During this interesting time of unprecedented uncertainty, Empower ME Yoga wants to support you and your continuing evolution through Yoga. While it is difficult to replicate the experience of being in a confined space together; perhaps we can tap into the healing potential that exists in the undefined, unlimited space of the universe.

We are happy to announce that the EMY VIRTUAL STUDIO is now open!

We are launching our online schedule by offering a Restorative Yoga Class with Linda at 4:00pm this afternoon. More classes will be added to the schedule based on your response to this outreach Yoga program.

PAYMENT

There are 4 ways to pay for your virtual studio class:

1. If you have an auto-renew **MEMBERSHIP**, simply register for the class as you normally would through the website or the Achieve App.
2. If you have an active **CLASS PASS**, you may use your class pass for the virtual studio classes. Register online through the website or the Achieve App.
3. Purchase any of our membership / class pass options and proceed from there.
4. PAY-WHAT-YOU-CAN By choosing any of the **VIRTUAL DONATIONS** options that you are presented with on the purchase screen.

PROCESS

The platform we use for our virtual classes is GoToMeeting. New to GoToMeeting? Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/788268605>. This platform has audio, video and screen share capability. Depending on the class, you may be guided by voice only or both audio and video. Please note: You do not need to download the app to take part in classes.

If you are among the technically challenged or have difficulty registering online, please email me (marla@empowermeyoga.com) and I will enter you manually as long as I receive your request 30 minutes before the start of the class.

- You need to pre-register for each class 30 minutes before it is scheduled to begin. Please ensure that the email in your client profile is current.
- 15 minutes before the class we will send you a link via email
- Simply click the link that we provide in the email and follow the on-screen instructions.
- Enjoy the class!

We are HERE FOR YOU! We look forward to welcoming you to the EMY VIRTUAL STUDIO.

Namaste,
MARLA