



LAYA YOGA
Rhythm to union

Live Online Yoga Class Guide

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About Laya's online yoga classes

Now that the COVID-19 restrictions are in place, Laya Yoga won't be opening the Shala (Studio) for in-person or group classes until they ease, which will hopefully be soon. In the meantime, we offer online live classes every day of the week: 2 classes each weekday, and 1 class on Saturday and Sunday.

Online yoga gives you the comfort of wearing anything you wish - including your pyjamas! Enjoy the practice from the comfort of your home, in your own space.

You can also pull your entire family into your practice, with 12 classes per week to choose from.

All you have to do is book your class with our wonderful teachers, click on the link sent in your mailbox and join the zoom class!

How to buy a pass

We use the MindBody app to take payments and bookings.

Sign up to the Mindbody website

- Go to the [mindbody site](#)
- Click on 'sign up' at the the top right corner of your screen
- Fill in your personal details
- Mindbody will send you a verification link to the email you signed up with: verify your account and you'll be able to book classes through mindbody.
- If you didn't receive the email:
 - Check your spam or trash



- Refresh the page
- Open your inbox after a few minutes
- Please contact us if you still can't find it
- To buy a pass, go to the Laya Yoga MBO page and scroll down to the pricing and packages section and click on purchase after choosing a pass (browser) or click on view pricing at the bottom of the screen and choose a pass in the sub-section 'Laya Yoga Classes' (app.)

How to join your virtual class

- Log into [mindbody](#) online (MBO) with the login details that were emailed, when you joined the community. Please contact us if you would like us to resend that email or have forgotten your login information.
- Search "Laya Yoga" where it says 'search for anything' (located on the top of the screen for the app or in the centre on the browser) and click on the page link with our signature pink logo*
- Scroll down to the offerings sections and click on a date (browser) or click 'view schedule' at the bottom of the screen (app) to book into a class of your choice.
- Once you are booked, we will send you an email with the class link, 30 minutes prior to the class. You will have to download the zoom software on your device as it is what we use to run our virtual classes.
- Click on the link and enjoy your class!

If you have any questions, you may email us or check out the [mindbody help page](#) or the [zoom help page](#). As these classes are streamed live at the moment, students will only be able to attend them in the allocated time.

*You may have to put 'Point Cook' in location preferences to find us (located next to or below the 'search for anything' button.)

Want to attend a class but can't make it? Book in as usual then contact us to request a recording - this will be available to you for 24 hours.



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3 Tips for creating a calm home yoga practice

1. Find a quiet room/space in the house to practice in:
 - A well lit room for fast practices
 - A dimmed and warm space for yin and slower flows
2. Light a candle/incense stick
3. Before the class, focus on your breathing or stretch