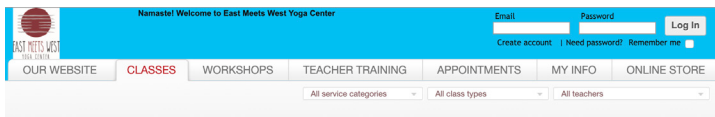


We've gone virtual!

You can now use your **East Meets West Yoga** membership or class pass to take class, virtually, through Zoom while we are temporarily closed!

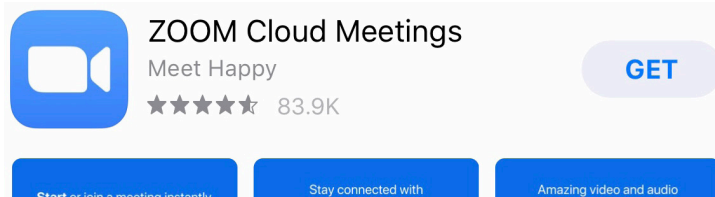
REGISTER FOR A CLASS:

1. Log into your MindBody account like you would regularly to sign up for a class. If you don't already have one, create a Mindbody account.



2. Make sure your contact email is on file and correct! **This is how you will get your unique link to the class you sign up for.**

3. If you will be using an iPad or smart phone, download the FREE Zoom app.



4. You **MUST** preregister on Mind-Body and sign up for the class you want to take at least **30** minutes before class starts.

If you are struggling to login or get into a class, please call the studio directly at **703-356-9642** and the front desk staff will be happy to help you!

Please check your email 'spam' folder in case the Zoom invite doesn't make it to your inbox

HOW TO JOIN THE ZOOM CLASS:

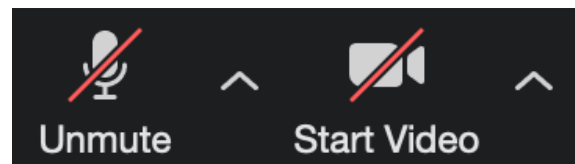
You'll get a link from us 15-20 minutes before class starts.

East Meets West is inviting you to a scheduled Zoom meeting.

Topic: Gentle Therapeutic Yoga w/ Dawn Curtis
Time: Mar 25, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/806359131>

Click that link, **MUTE** your microphone, and get ready to get moving! You are welcome to keep your camera on or off - we'd love to see you! Just remember everyone in the class can see you too.



There is the option also to "chat" Click on that link and everyone in the class can post messages.

