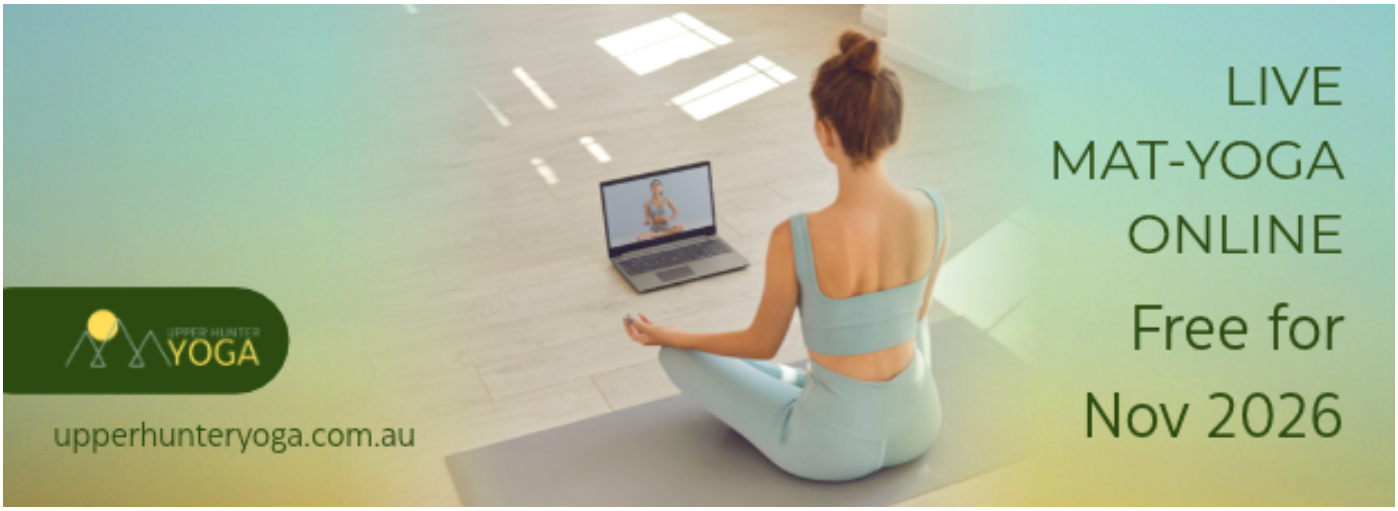


LIVE MAT YOGA ONLINE - FREE

How to join Nicole's evening class from home

Wednesdays 11th, 18th and 25th November only
6pm - 6:45pm
Google Meet video link:
https://meet.google.com/gzc-nxuu-vks

Before class: charge your device and turn the lights on. Bring your mat (or a non-slip surface), a blanket, and blocks or a cushion if you like. Leave room to stretch your arms out, wear comfy clothes and keep water close. Prop your device at the end of your mat so Nicole can see you.

1. **A few minutes before 6pm, open the link above.**
   Click it in your text or email, or type it into your internet browser.
2. **Install or open the free Google Meet app if asked.**
   Follow the prompts, or continue in your browser.
3. **Tap Allow for camera and microphone.**
   Camera on so Nicole can see you. Microphone can stay muted.
4. **Tap Join now or Ask to join.**
   Nicole will let you in.
5. **Settle onto your mat and enjoy.**

Having trouble? Try refreshing the page and check your Wi-Fi. Still stuck? Text Nicole and she will help: **0490 366 294**

Choose the options that feel right for you, listen to your body, and rest whenever you need to.