UPPER HUNTER YOGA



LIVE CHAIR YOGA ONLINE - FREE

How to join Nicole's class from home

Fridays 13th, 20th and 27th November only
9:30am - 10:15am
Google Meet live video link:
https://meet.google.com/zag-jfjm-yzj

Before class: charge your device, pick a comfy chair (no arms is ideal), clear a little space and keep water close. Prop your device back a little so Nicole can see you.

1. **A few minutes before 9:30am, 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 into your chair 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.