

FAQ for Virtual Weekly Classes

1. I've registered for class. Where do I get the information for class?

Once you register for class, you will receive a Registration email with the Zoom link to attend class at the scheduled time.

2. I registered for class and didn't get the confirmation email with the Zoom link. What now?

In order to receive this email, you MUST have opted in to receive "Reminders and Schedule Changes" when you created your MINDBODY account to book classes with the studio.

Using a web browser, login to your account through the link below. Under "My Info", you'll see the "Profile" tab and "What do you want to hear about?" Make sure "Reminders and Schedule Changes" is checked next to "Emails".

<https://clients.mindbodyonline.com/classic/ws?studioid=982393&stype=-98>

On the MINDBODY app, tap on your Profile in the bottom right. In the top right, tap on the Settings gear, click Notifications, and make sure you see the orange "ON" for "Announcements" and "Get emails with news and promos".

If you do not receive an email with the Zoom information, send us an email at info@sacredspaceastoria.com. For the first few classes, we highly recommend giving yourself extra time before class to work out this new system. Feels a little awkward, but will get easier with practice.

3. What do I need for class?

Our teachers will be teaching with minimal props, as not everyone has the same things at home. We recommend having a firm blanket or 2 nearby and using a yoga mat. If you are a beginner, we highly recommend having a set of blocks.

For our Urban Zen classes, please have 3 firm blankets or towels and two pillows of roughly the same size and stiffness.

The studio's like new props are also for sale. Send us an email at info@sacredspaceastoria.com if you'd like to purchase a very gently used prop kit for your home practice!

Blankets - \$15

Mats - \$10

Bolsters - \$25

Straps - \$7

Blocks \$10/set

Eye pillow (brand new and wrapped) - \$12.50

Urban Zen kit (2 blankets, a bolster, 2 blocks, strap, eye pillow) - \$79

Add Lavender, Lemon and Peppermint essential oils + cotton pads - \$25

4. Do I need to have my video on to take class?

We suggest having your video on at the start of class to greet your classmates and teachers, but it's not required. Don't sweat it if your practice space isn't ideal – what matters is that you're showing up to your mat. Your level of comfort is most important, so do what feels right to you with regards to your camera.

5. Class isn't working for me! I didn't get the class link! What should I do?

Give us a call at 646-397-5695 or email us at info@sacredspaceastoria.com. If you haven't received an email with your link for class, please email us promptly so we can re-send it to you and get you into class. 😊