

RE:CENTRE

@ home

1. Log into your usual Re:Centre Mindbody account online or on the app and check out the Re:Centre@Home class schedule.
2. Please make sure that you have enabled emails, and have the correct email address on your account, so that we are able to get in touch with you about your class.
3. Book into class as usual and you will be prompted to purchase a single, 5 or 10 pack of classes.
4. Please be aware that online booking will initially close 30 minutes before the start time of each class. This is to allow us to send all the Zoom Conference log ins and passwords manually to all class participants. (If we can make this window smaller with time we will endeavour to do so).
5. Check your email. You will be emailed the link to your specific Zoom class no later than 5 minutes before class start time.
6. Click the link in the email to join in with your Zoom class and input the Zoom class password when prompted. (You will need to input your email address to access the Zoom platform).
7. Classes can be joined either by computer or via smartphone App (the Zoom app is free to download, as is the Re:Centre app).
8. #findyourspace, grab your mat and carve out a corner of your home or even your garden (if you have WiFi connection there) and join in. Please see list of alternative props etc below.
9. You will be able to see the teacher on screen during class, but although they will know you are watching, they will not be able to see you or hear you.
10. At the end of class the teacher will disconnect the class themselves.

HANDY ALTERNATIVE PROP LIST:

If you are used to practising in our riverside studio you will have used our lovely props and mats in your classes. If you would like to invest in your own blocks, blankets etc, these can be purchased from www.yogamatters.com or Amazon.

Otherwise alternatives can be found in already in your home, these can include.

- Blankets/Pillows/Sofa cushions – for Yin classes, the more the merrier.
- A heavy book can stand in for a block
- Belts can take the place of a yoga strap.