

# Bedrock YOGA Tips for Livestreaming with Zoom

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- When you receive your invitation information, copy the password and then click on the link provided.
  - You may need to download Zoom, if you haven't already. Simply follow the prompts.
  - Paste the password into the dialog box when prompted.
  - If the link doesn't work, go directly to Zoom.
    - Click "Join"
    - Copy and paste the Meeting ID, and then the password.
    - You'll be admitted to the class.
- Once you've been admitted to the class, Zoom will prompt you to join with audio. Please choose "Join with computer audio".
- You may choose either Gallery View or Speaker View
  - Gallery View allows you to see each participant at equal size.
  - Speaker View allows you to see only one participant in the center of your screen, with the other participants in a line at the top (depending on your device) of your screen. If other participants are not muted, the "speaker" will change as others speak or their audio picks up background noise.
- The instructor will mute all participants (except themselves) during Centering and Savasana in order to cut down on background noise. An instructor may choose to mute participants during other portions of the class for the same reason. If an instructor mutes all participants, you may unmute yourself if you have a question or would like feedback.
- You may choose to mute your audio or shut off your video if either option makes your practice more comfortable. You may change that setting at any time. You are welcome to play your favorite music during class-just let the instructor know not to unmute you 😊