

Yoga Therapy for Mental & Emotional Wellness Directions

You may choose to read this document OR watch the accompanying video.

Information Needed Before We Begin:

If you are participating in a live or partially live version of this training, you must complete a yoga release. It is attached in Teachable and you can choose either of the options below.

1. Print the release, sign it, and send a photo back to Kanjana@healingheartswellness.com.
2. Screenshot the release, sign with your finger using the “markup” option on your Phone, email it to Kanjana@healingheartswellness.com

Format & Set Up:

- This is a virtual webinar that takes place on zoom. The link and password are at the bottom of this page.
- We recommend having a chair and yoga mat/towel set up near your computer.
- It may also be helpful to have a pen and paper or journal nearby.

Directions for Zoom:

- Our live Zoom sessions will be recorded and placed on Teachable so you can rewatch them as needed. Please note that by participating in this training you also agree to the recording of the session.
- We recommend logging on 10-20 minutes before the start of the first class, in case you run into tech difficulties. You will be placed in the waiting room and the host will admit you when we are ready to begin.
- We also recommend that you update your Zoom app (or download it and register your email) tonight or tomorrow morning.
- Please note your first and last name will likely show up on the Zoom call. If you want to change this, it must be done BEFORE you get on the call. You can do so by changing your name in your account settings.
- Please note that participants will have their audio and video muted by the host during the

yoga practice and meditation portions of class. Any participant questions can be placed in the chat box in zoom. Hover over the bottom of your screen in the zoom app, you'll see the option for chat. The host will leave time for questions before and after each practice.

- If you have trouble logging on, please email: Kanjana at Kanjana@healingheartswellness.com

Zoom link and password:

Kanjana Hartshorne is inviting you to a scheduled Zoom meeting.

Topic: Yoga for Mental & Emotional Wellness

Time: Jul 8, 2020 06:00 PM Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

Jul 8, 2020 06:00 PM

Jul 15, 2020 06:00 PM

Jul 22, 2020 06:00 PM

Jul 29, 2020 06:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly:

<https://us02web.zoom.us/j/98265McUFPbmeXn--h/ics?icsToken=98tyKuGqqjsqG9SQthmGRpwQBoigc-vziCVdjbdotyDqW3IFZlbbNddkArByFeDe>

Join Zoom Meeting

<https://us02web.zoom.us/j/82400105601?pwd=MzBwQmpQSElQazlSS1ErREFjUzhzZz09>

Meeting ID: 824 0010 5601

Password: 344675

One tap mobile

+13017158592,,82400105601#,,,0#,,344675# US
(Germantown)

+13126266799,,82400105601#,,,0#,,344675# US (Chicago)

Dial by your location

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 824 0010 5601

Password: 344675

Find your local number: <https://us02web.zoom.us/u/kQRhJ0rXU>