

Welcome to Roots' Virtual Studio!

May this very exciting platform offer you the connection and comfort you may be seeking and the ability to stay connected to our very special studio, our instructors and your friends!

It is simple!

You can sign up for a class the same way you always have through mind body using your current class packs or by choosing a single virtual class for a lower drop-in rate of \$12.

<http://clients.mindbodyonline.com/classic/ws?studioid=39121&stype=41&prodid=10437>

You must sign in at least 25 minutes prior to the class so we can email you the link you will need to connect to class via Zoom our live streaming platform.

You will need to download the free Zoom app from the app store to your computer, laptop or phone.

Simply click the link that you will receive in your email inbox to join the class.

(Use the device you will use to watch and take the class from.)

You can choose whether the instructor and participants can see you or choose to not allow for the instructors and students to see you. Your microphone will be automatically muted at the start of the class.

Please email us at rootsyogaburlington@gmail.com with any questions we are excited to resume our practice with you!

