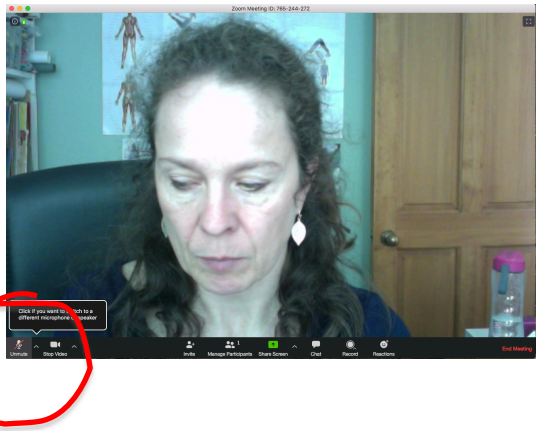
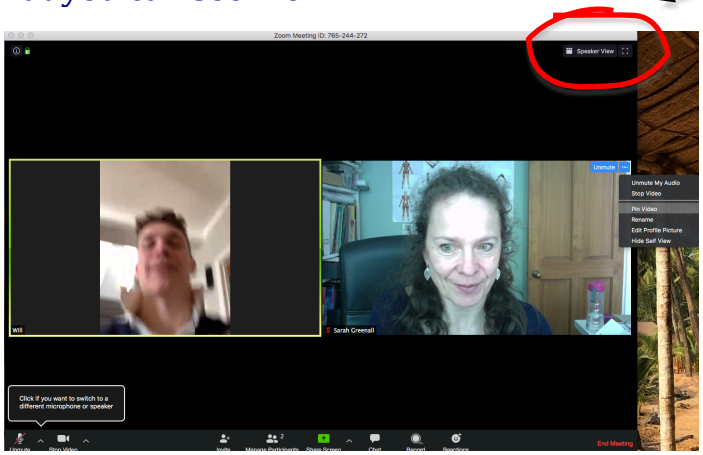
USING ZOOM

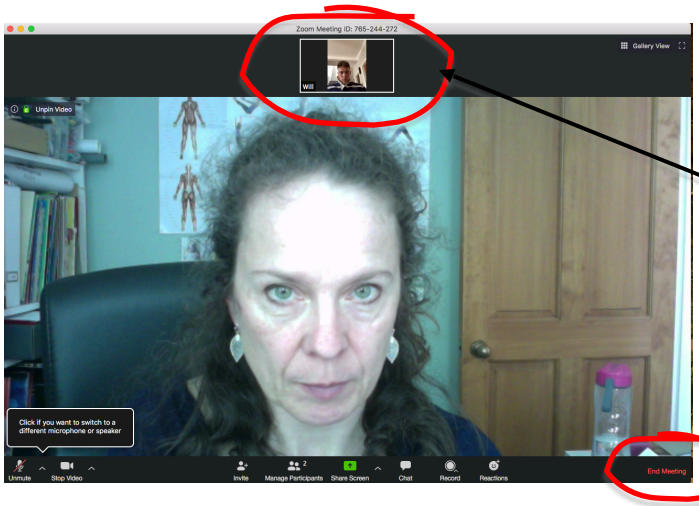
When you join a zoom class, please make sure you have **video on** ("start video"). We will start with everyone being able to say hello and talk to each other and I shall then "Mute all" so you can only see and hear me and you won't be disturbed by sounds in each other's rooms. We can chat again at the end.



You will see me set up on my yoga mat, ready to teach, and you need to position yourself face on to your device (iPad/phone/laptop) as if you were facing me in a class. Try and position yourself so as much of you and your mat or chair as possible (ideally all) is in view including you standing. Although it's more important that you can see me.

You will need to **find the view that has me large on the screen and you a small thumbnail around the side** (as in the picture below). Toggle between gallery view (as shown here when everyone is an equal size) and **speaker view** until you get the image below.





Your view will then have me large on your screen and all the participants in the class around the side as thumbnails.

At the end of class please click **End Meeting**.

<u>ZOOM ON AN IPAD</u> - the controls are along the top (the images above are from a laptop). The **speaker view** control is top left.