

FAQ'S about A.O.L- Ananta On Live

What do I need at home since I don't have props?

Set up your mat in a quiet space so you can hear the instructor. If you have blocks have them available, if not use books for blocks for hand extensions or a sturdy box. Blankets, towels and a pillow to sit on or roll up. Good things as a strap: a tie, dog lease, bathrobe belt, regular belt or towel will do.

For the Fitness class if you have hand weights have them with you, if not grab some can goods or water bottles and put in a pillow case or soft bag to allow for some weight and resistance. OR use not weights at all.

How will Ananta Online Live work?

You'll sign up in Mindbody at least 45 minutes before each live class start time. Those registered will receive a link to join the class 30 minutes before each class. You'll click on the link to join the class. Registration will be a must. If you email me early enough I could also sign you up.

Do I see the other students in class and the Teacher also?

The on line classes will be available 10 minutes before class start time, similar to the studio, and as people join you'll be able to see each other and talk to each other. If you do not want to be seen you have the option to shut off your video and just wait. You will be

given directions how to make sure the teacher is the main one you see on your screen during the class. Once class starts you will be muted until the end of class.

What about my current membership dates or class cards?

All class cards and monthly members apply.

Any special class cards?

Special Drop In for Live Classes will be \$12 sold as a class card, \$36 for 3 live classes. Single Class is \$15 and special 2 week unlimited class card is \$60.

Who will be on the Live classes?

Lori will start all the Zoom Live Classes, the Teacher and other students will be online as they join the class. Lori will be available during class to answer questions, etc.

Will classes be recorded?

We may try to record the class to make available. More to come on that. If it is recorded no students will be shown.