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**Online Classes Start Saturday, March 21st**

**FREE LIVE STREAMED CLASSES EVERY SATURDAY**

**1:00-2:00pm**

[**www.breakingbarriersyoga.org/schedule**](http://www.breakingbarriersyoga.org/schedule)

**or use the Wellness Living Achieve app** 

**How does it work?**Step 1: Create an account on Breaking Barriers Yoga website (if you don’t already have one) and sign up for a class online.

Step 2: Download **ZOOM** on your phone, tablet, or computer and create a free account

Step 3: You will receive an email with the **ZOOM link** to join before class begins from [kendal@yogabodyshop.com](mailto:kendal@yogabodyshop.com).

Step 4: **How to prepare**

* **Arrive online 5-10 minutes early**
* **Set your device 4 feet away from the top of your mat**
* **Have your mat, block, and water with you**
* **Set up in a location with no distractions and noise. This is your time!**
* **Optional: have your own music ready for savasana (spotify, pandora, etc.) Live stream music quality is poor. All participants will be muted during savasana.**

Step 5: Enjoy your yoga practice from home while staying connected to your community! Standing together sets us apart!

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