

We've moved to online classes

Thank you for supporting us as we transition to online class offerings for our blue community here in Raleigh—and beyond. We are here to support you through this period of social distancing and isolation as we work together to help prevent the spread of COVID-19.

How to register for class

MindBody is now set up with our first two weeks of online offerings on Zoom. You must pre-register within 30 minutes of class for access. 15 minutes before class start time, registered students will receive an email from the teacher with the meeting URL.

This information will be sent to the email address listed in your MindBody account, so please make sure yours is updated. If you are new to blue lotus, please use the following unique link to create an account and sign up for class:

<https://clients.mindbodyonline.com/classic/mainclass?studioid=2123>

If you have not received an email with the class link before class start time, please ensure that you have submitted payment, check other email folders, and then contact us for assistance.

How to pay for class

If you have a current class pass, you may use it for our Zoom virtual classes until it expires.

If you do not have a current pass, please purchase a drop-in online. We are aware that some people have been impacted financially by the pandemic while others have not, and have created a sliding scale so that everyone may continue practicing:

\$5 Community drop-in for those who are out of work

\$12 Sustainer drop-in

\$18 Angel drop-in

If even \$5 is out of your reach please email jill@bluelotusnc.com and we will work something out so that you can still practice. If you can help support our scholarship program, Angel Gift Cards are available for \$50, \$100 and \$250.

Preparing for class

Classes are held on Zoom, so please download the Zoom app (<https://zoom.us>) on your phone, tablet or computer well before class is scheduled to begin. The basic version of the Zoom app is free for you to download and use.

If this is your first time using Zoom, we recommend you watch a short tutorial:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Please plan to join the class through the web link sent by email by your teacher at least 5-10 minutes before class start time to test the connection of your video and/or audio. Your teacher will greet you upon your arrival and ensure that you are properly connected as well. Once class begins, your teacher will mute all participants to avoid any possible disruptions. For the best possible connection, log in using your computer audio rather than your phone, which may result in delays.

Please be aware that class start time may be a little delayed as teachers and students get used to our virtual environment and navigate managing this technology. There may be some glitches as we get things up and running, but we will do our best to adhere to the scheduled class times. If you don't have blocks or straps available at home, please consider using alternatives such as books for blocks and belts in place of straps. Please have a folded blanket on hand as well.

With Zoom you have the option to share your video with the rest of the group (or not!) so that the teacher can provide feedback. Depending on the space you're working with, we recommend that you place your device about 4 feet in front of your mat with your body perpendicular to the camera so that your teacher can view your form and movement as you practice.

Pro tips

Be sure to put your device on Do Not Disturb or Airplane Mode since you could get pinged during your session. Remember: This is your protected time to take care of you—and it's all too easy to get distracted when practicing at home versus a studio.

With that in mind, consider using wireless Bluetooth headphones if you have them to help you get in the zone. Otherwise, if you have a quiet space where you won't be bothered for the duration of your session, you should be just fine. In terms of sound quality, we've found that it works best to simply play the audio directly from your device. As for music, we'll be testing that out in the coming weeks to see whether it interferes with sound quality and overall experience.

Thank you for your patience and support during these unprecedented times. We look forward to seeing you in our virtual studio very soon.