

## MaineStreamers Zoom Introductory Yoga Class

Monday, January 11, 2021  
2:00 p.m. - 2:30 p.m.



Join us from the comfort of your home for a free introductory Hatha Yoga Class which deals with each region of the body, gradually loosening bound joints, tight muscles, and connective tissue. Providing training in postures and deepening relaxation, concentration, and body control. This class is taught at a relaxed pace integrating breath work with deliberate muscle elongation, toning, and balance instructed by Diane McDonald. After participation, if you enjoyed the class and would like to continue, registration is required and by calling the office.

Join Zoom Meeting

<https://us02web.zoom.us/j/83263899807?pwd=SEhUUU1GVlorREhuRENEY1tTlk2QT09>

Meeting ID: 832 6389 9807

Passcode: 141027

To join please click the following link:

<https://us02web.zoom.us/j/83263899807?pwd=SEhUUU1GVlorREhuRENEY1tTlk2QT09>

You do not need a Zoom account and can use a computer, tablet, or smart phone. You can view and listen from a computer even if you do not have a webcam. If watching from a computer without a webcam or microphone, you will need to call 312-626-6799 and enter Meeting ID: 832 6389 9807 when prompted if you wish to ask questions or speak during the program. If you do not have a computer, tablet, or smart phone, you can still listen and participate by phone only. Just dial 312-626-6799 and enter Meeting ID: 832 6389 9807 when prompted.

### **Instructions for New Zoom Users**

If you have never used Zoom on your device before, please allow a few minutes for set up prior to the start of the program. If using a computer, when you click the above link you will be prompted to download and install Zoom. If using a smart phone or tablet, you will be prompted to download the Zoom app from Google Play or the Apple App Store.