



How to Join a Virtual Class

Step 1

Download the MindBody app (Fitness not Business) or go to [MindBody](#) to create a profile. If you already practice at Sundog but have never used the app or signed into MindBody, please create a profile using the same email address you would have provided to Sundog. This will link your new profile with the one we have and then you will have access to your current class pass.

Step 2

From MindBody, find Sundog Yoga Studios in Montgomery, TX and sign up for your virtual class. You can select the schedule or scroll down for upcoming classes. Save Sundog as a Favorite!

Step 3

You will receive an email from MindBody confirming that you are indeed signed up for the virtual class. You will receive a second email 10 - 15 minutes before the class begins from the instructor with a link that will take you directly to the Zoom registration page for the class. Click on this link. The registration only asks for name and email address – this lets us know who is practicing with us.



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Step 4

You will then be taken to a page that says Meeting Registration Approved and it includes a link to join the Virtual class. Click on this link.

Step 5

There will be a pop-up message with the option to Join with Computer Audio - select this option. And you are in!

When you join us, the video (camera) function will be turned off and audio will be turned off. Unless you select the video function at the bottom left of the screen, we will only be able to see your name. We would love to see you but we respect your privacy and if you feel uncomfortable in any way, please keep the video option turned off. If you still have issues with the camera after turning the video function on, please ensure that Zoom has access to your camera on your device.

**** MindBody registration for all virtual classes closes ten minutes before the class begins. ****