



Becoming Part of the Moon River Wellness Livestream Community

Here is a list of suggestions to help you get the most out of your livestream experience.

Technical Recommendations:

- Make sure you are in a place that has good Wi-Fi reception.
- For your desktop, you can download Mind Body Livestream Application so you can focus on the class. This link will give you the option to download for Mac or for Windows.
- If you are not on either of those, it is suggested to use Safari or Chrome.
- Turn off extra tabs on your pc, so your device is dedicated to the Livestream
- If there is a lot of streaming activity in your home during your class time, you may get periods of freezing or dropped classes.
- If you lose sound or if the system freezes, your first option would be to log out and log back into the class.

For your Comfort Recommendations:

- Find a quiet spot in your home where you can be uninterrupted
- Turn off your phone (or turn it down) so you can focus
- Choose your favorite yoga playlist (we will not be broadcasting music). If you would like to know what the instructor is playing you can ask them to put a link to their playlist in the chat.
- Have all your equipment with you: Mat, Blocks, Strap, bolster or pillow, blanket and water bottle. Even an eye pillow for Savasana can help complete your experience.

Other Recommendations:

- Try to log in at least 10 minutes before class starts to make sure you are good to go.
- If you are new, introduce yourself to the teacher
- Once class starts everyone will be muted.
- Relax, breath and enjoy. Namaste.