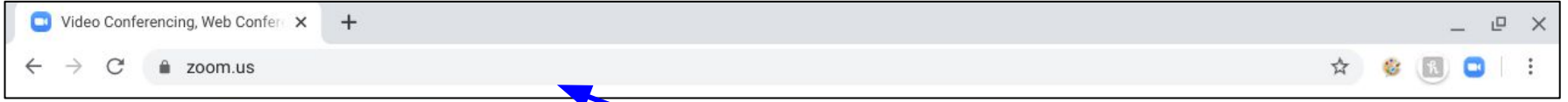


# Really Easy Zoom Video Guide

By Flo  
Floga Yoga

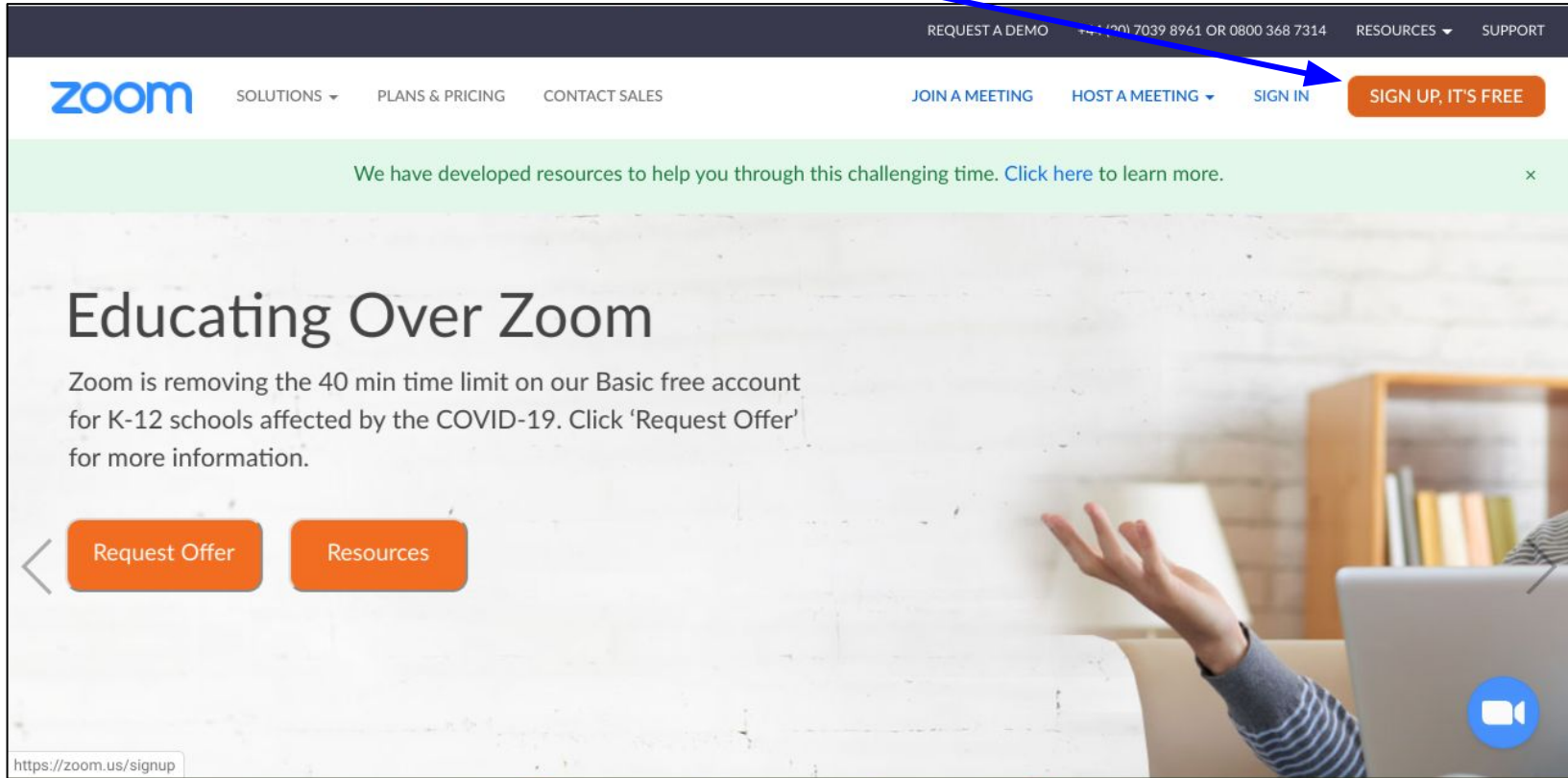




1. Type “zoom.us” into the web address bar at the top of the page



2. If you are new to zoom, Click the “SIGN UP, IT’S FREE” button (otherwise sign in as you normally would)



The screenshot shows the Zoom website's homepage. At the top, a dark navigation bar contains links for 'REQUEST A DEMO', a phone number '(800) 703-9861 OR 0800 368 7314', 'RESOURCES', and 'SUPPORT'. Below this is a white navigation bar with the Zoom logo, 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'JOIN A MEETING', 'HOST A MEETING', 'SIGN IN', and a prominent orange 'SIGN UP, IT'S FREE' button. A blue arrow points from the text above to this button. A green banner below the navigation bar reads: 'We have developed resources to help you through this challenging time. [Click here](#) to learn more.' The main content area features a large image of a person's hand gesturing towards a whiteboard. Overlaid on this image is the heading 'Educating Over Zoom' and a paragraph: 'Zoom is removing the 40 min time limit on our Basic free account for K-12 schools affected by the COVID-19. Click 'Request Offer' for more information.' Below the text are two orange buttons: 'Request Offer' and 'Resources'. In the bottom left corner, a URL bar shows 'https://zoom.us/signup'. A blue Zoom logo is visible in the bottom right corner of the image area.

REQUEST A DEMO (800) 703-9861 OR 0800 368 7314 RESOURCES SUPPORT

zoom SOLUTIONS PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING SIGN IN SIGN UP, IT'S FREE

We have developed resources to help you through this challenging time. [Click here](#) to learn more.

## Educating Over Zoom

Zoom is removing the 40 min time limit on our Basic free account for K-12 schools affected by the COVID-19. Click 'Request Offer' for more information.

Request Offer Resources

<https://zoom.us/signup>



3. Either enter your email address here (it doesn't have to be a work email)  
See next page...

REQUEST A DEMO +44 (20) 7039 8961 OR 0800 368 7314 RESOURCES ▾ SUPPORT

zoom SOLUTIONS ▾ PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING ▾ SIGN IN SIGN UP, IT'S FREE

## Sign Up Free

Your work email address

Zoom is protected by reCAPTCHA and the [Privacy Policy](#) and [Terms of Service](#) apply.

Sign Up

Already have an account? [Sign in.](#)

or

Sign in with SSO

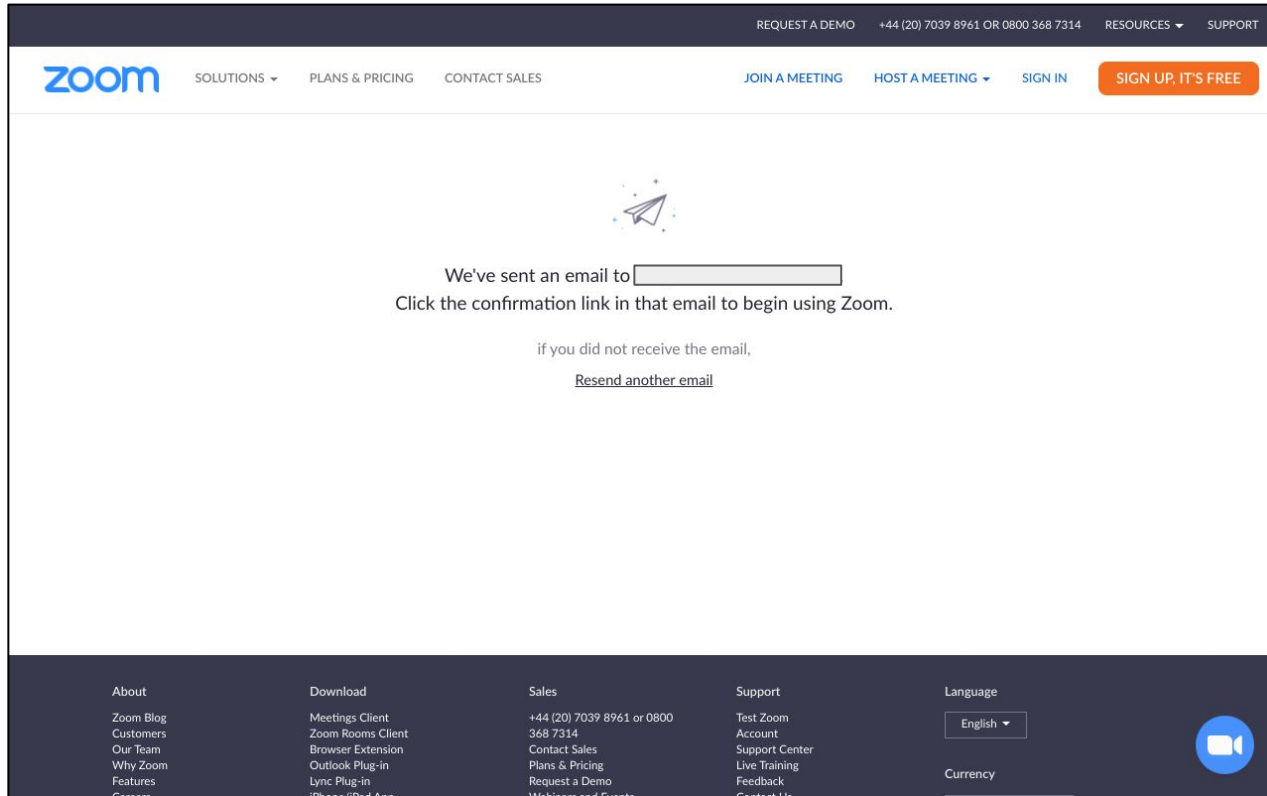
Sign in with Google

Sign in with Facebook

Or if you have a google or facebook account use this option. All you have to do is sign into your google account like you normally do Skip next page...

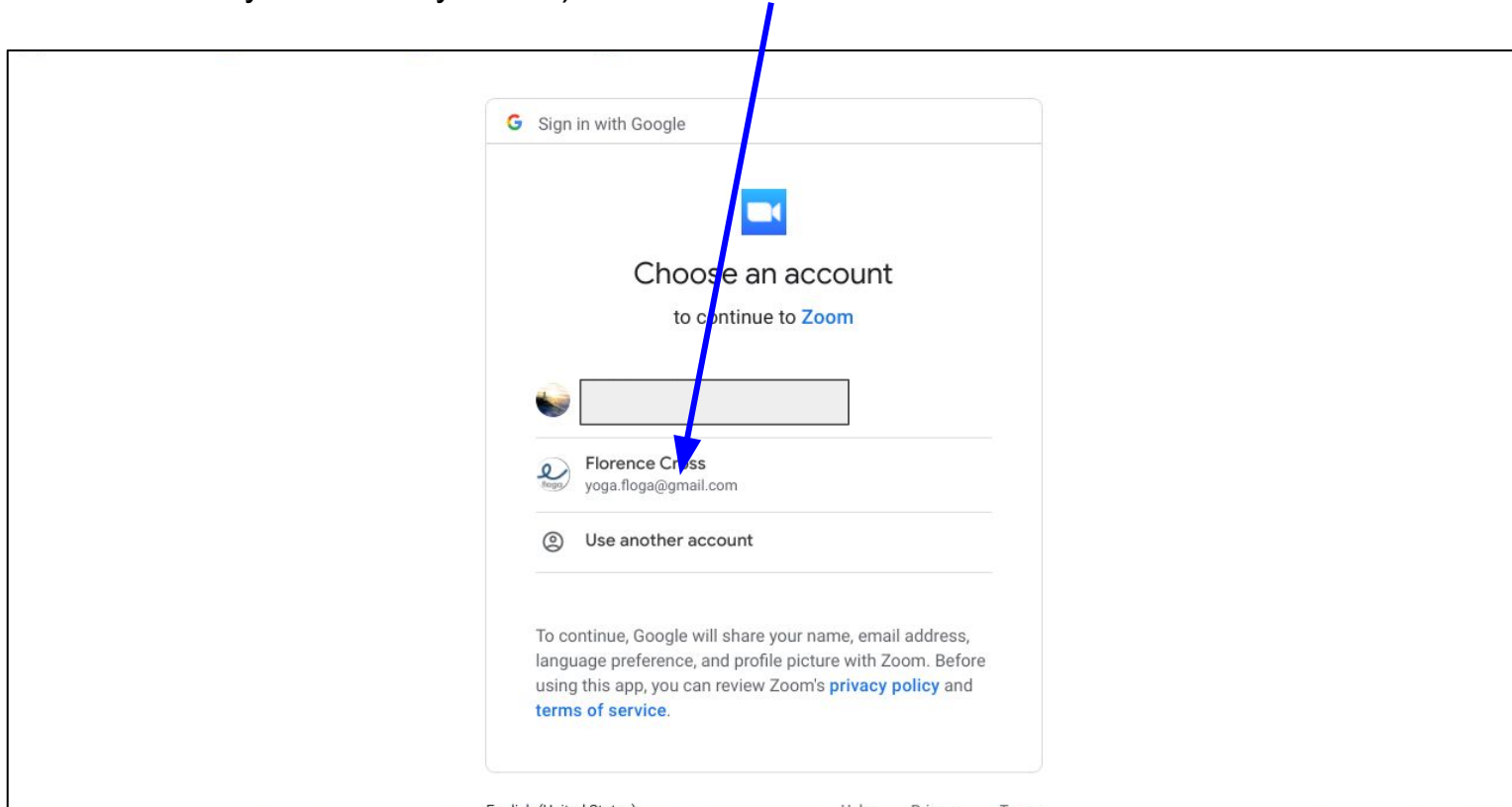


4.a) If you entered your email, you will be sent a confirmation email. All you have to do is find the email in your inbox and click the link they sent you and then you should be logged in



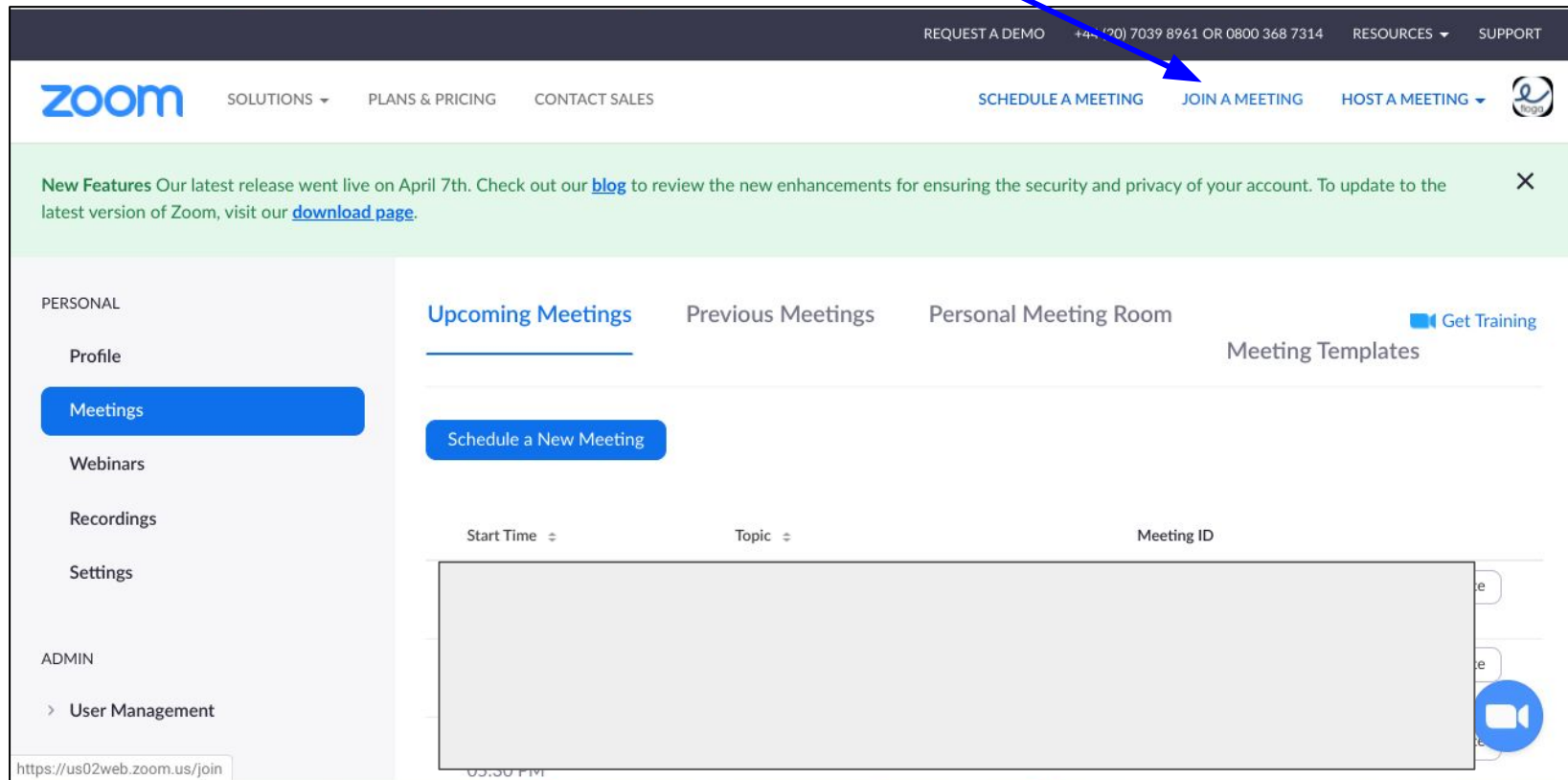
A handwritten signature in blue ink, consisting of a stylized 'e' followed by a horizontal stroke.

4.b) If you chose to log in with google, it will show you which google accounts are logged in on your computer, all you have to do is click on your account. (if your account doesn't show up just sign in to your account as you normally would)



A handwritten signature in blue ink, consisting of a stylized 'e' followed by a horizontal stroke.

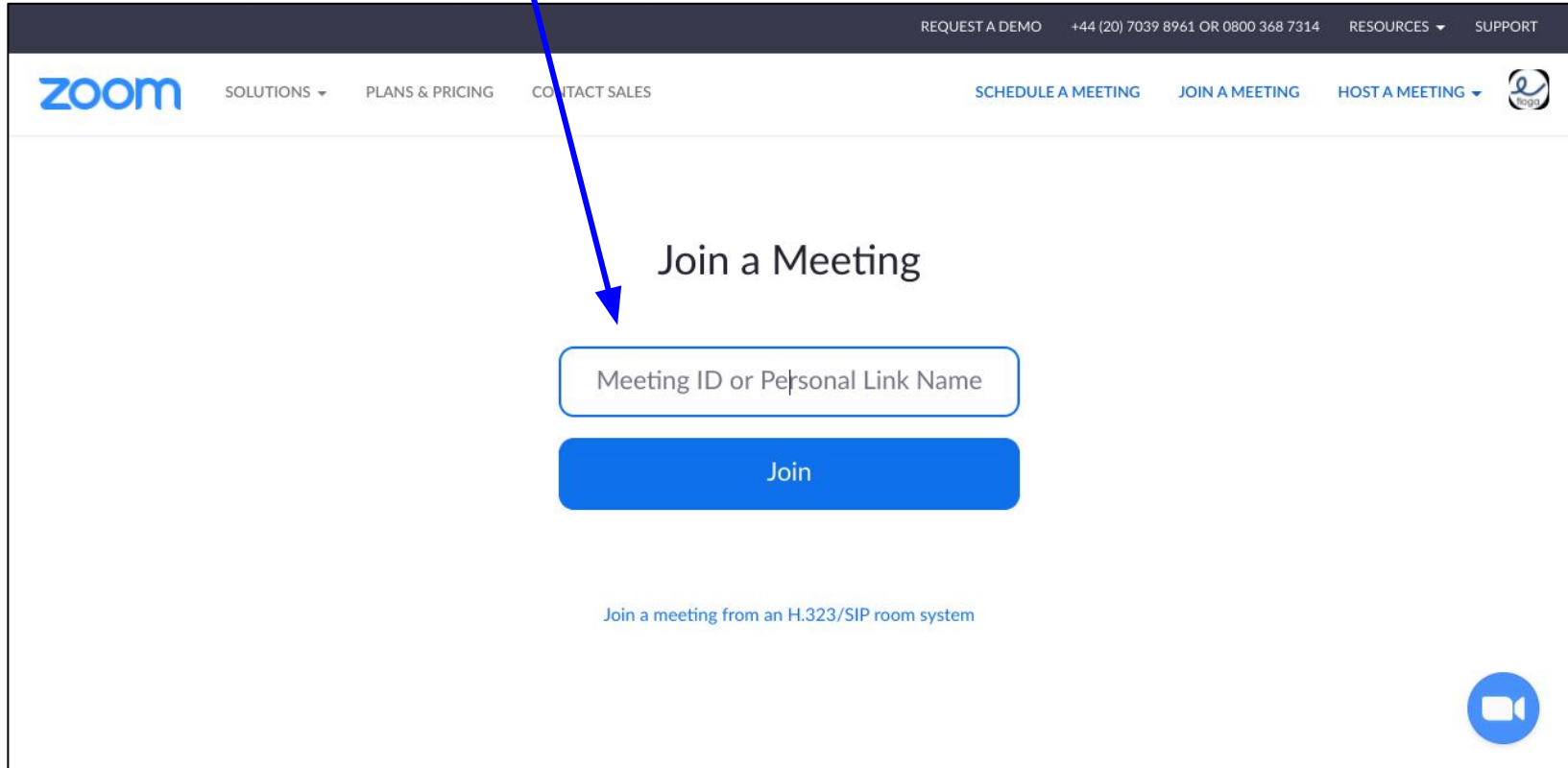
5. Once you're logged in, Click the "JOIN A MEETING" button a few minutes before your class is due to start



The screenshot shows the Zoom web application interface. At the top, a dark navigation bar contains links for "REQUEST A DEMO", a phone number "+44 (20) 7039 8961 OR 0800 368 7314", "RESOURCES", and "SUPPORT". Below this, a white header bar features the Zoom logo, navigation links for "SOLUTIONS", "PLANS & PRICING", and "CONTACT SALES", and action links for "SCHEDULE A MEETING", "JOIN A MEETING" (highlighted by a blue arrow), and "HOST A MEETING". A green banner below the header announces "New Features" and provides a link to a "blog" and a "download page". The main content area is divided into a left sidebar and a central panel. The sidebar, under the "PERSONAL" section, lists "Profile", "Meetings" (highlighted with a blue bar), "Webinars", "Recordings", and "Settings". The central panel has tabs for "Upcoming Meetings" (active), "Previous Meetings", and "Personal Meeting Room", along with a "Get Training" button. A "Schedule a New Meeting" button is visible. Below these, a table with columns "Start Time", "Topic", and "Meeting ID" is shown, but its content is obscured by a large grey rectangle. A blue video camera icon is visible in the bottom right corner of the interface.



6. Type in (or copy and paste) the Meeting ID (This will have been sent to you). Then Click “JOIN”



The screenshot shows the Zoom website's 'Join a Meeting' interface. At the top, a dark blue header contains links for 'REQUEST A DEMO', '+44 (20) 7039 8961 OR 0800 368 7314', 'RESOURCES', and 'SUPPORT'. Below this, a white navigation bar features the Zoom logo, 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'SCHEDULE A MEETING', 'JOIN A MEETING', 'HOST A MEETING', and a 'login' icon. The main content area is white and titled 'Join a Meeting'. It contains a text input field with the placeholder 'Meeting ID or Personal Link Name' and a blue 'Join' button. A blue arrow points from the instruction text above to the input field. At the bottom, there is a link 'Join a meeting from an H.323/SIP room system' and a blue video camera icon in the bottom right corner.

zoom SOLUTIONS PLANS & PRICING CONTACT SALES SCHEDULE A MEETING JOIN A MEETING HOST A MEETING login

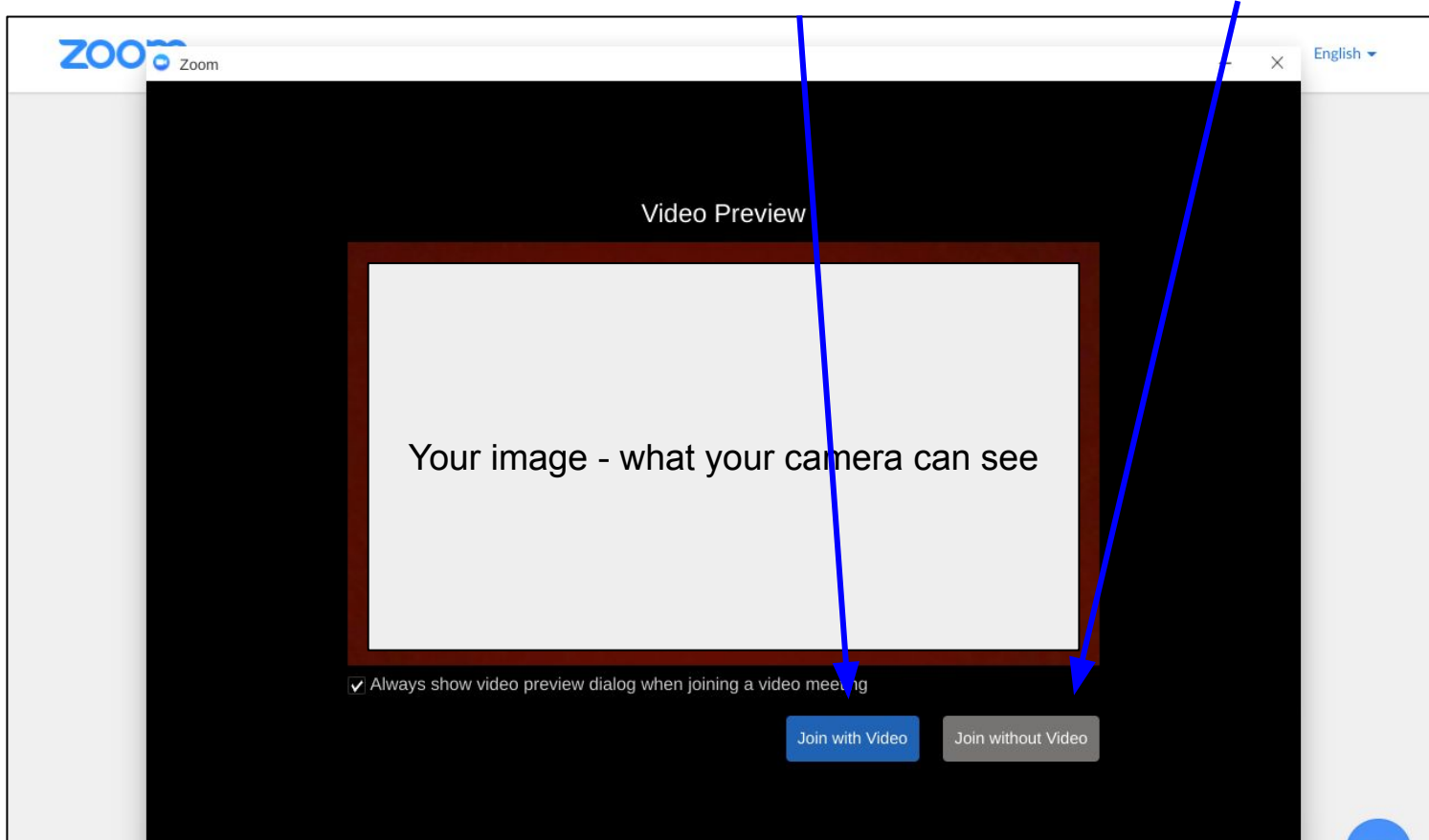
## Join a Meeting

Join

[Join a meeting from an H.323/SIP room system](#)

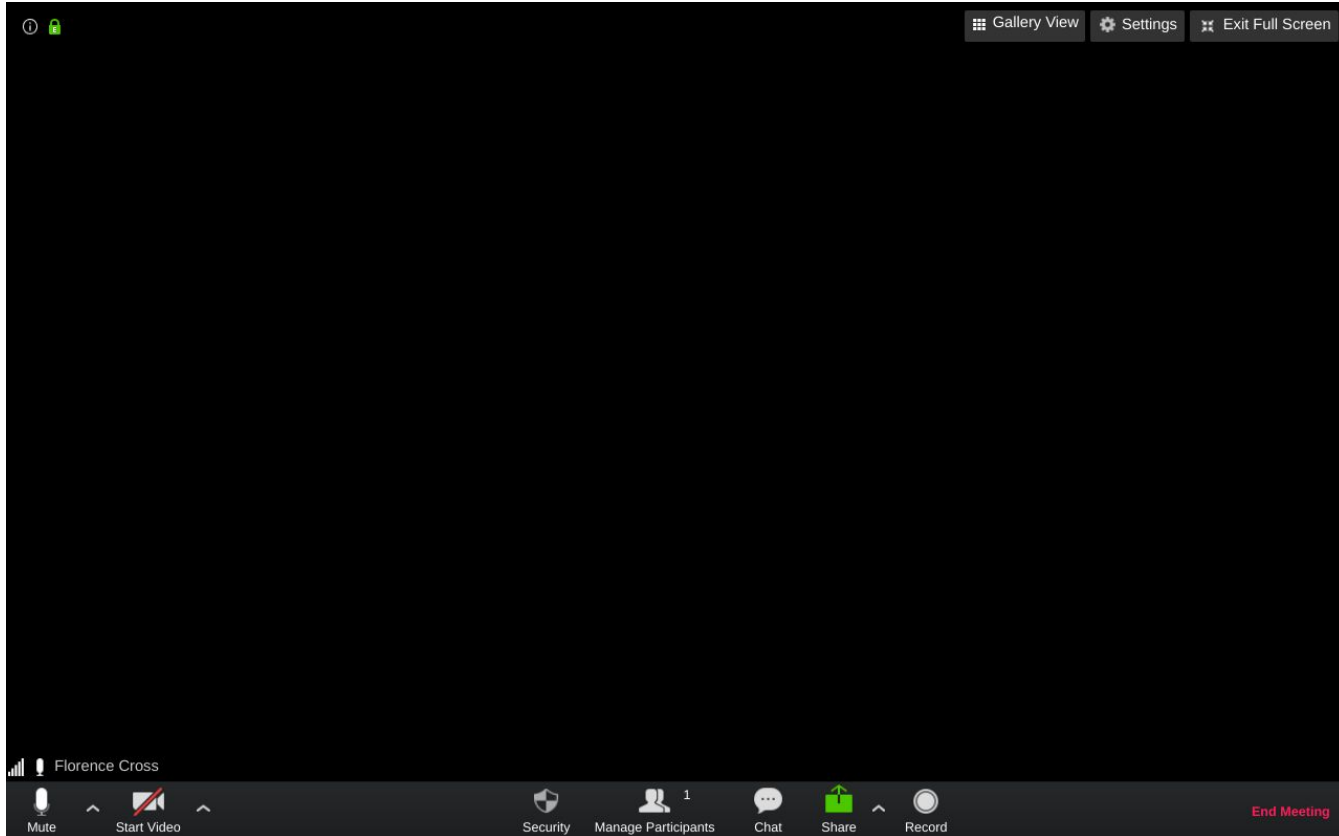


7. It may take a few seconds, you will see this pop up and see an image of you. You can have your video on or off, your choice. (It is easier for me if your video is on so I can keep you safe and make sure you are enjoying the class) Either Click “JOIN WITH VIDEO” or “JOIN WITHOUT VIDEO”



A handwritten signature in blue ink, consisting of a stylized cursive letter 'e' followed by a horizontal stroke.

8. You should now see this screen but with other people on the call and I'll be able to give you any more help you need



I hope you find this helpful and enjoy your yoga class!  
Please feel free to contact me with any questions:

[yoga.floga@gmail.com](mailto:yoga.floga@gmail.com)

@floga\_yoga  
07928507214  
floga.org

