
YOUR GUIDE TO THE HARBOR

Dear students,

We've created 4 ways to stay connected. It sounds complicated, but with a few simple steps, you can join us for yoga any time, any day. Let's lay it out together:

#1 In-Studio Classes

When permitted by the LA County Department of Health and the State of California, we host in-studio classes according to our COVID protocols. Please visit our website for a full listing of those protocols.

PAYMENT AND REGISTRATION:

- Login to your **MINDBODY** account
 - Sign up for a class marked "In Studio"
 - Pay per class \$25
 - OR purchase 5 classes for \$108 (never expire)
 - We are ending unlimited memberships until we can guarantee in-studio operations
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#2 Simultaneous LIVESTREAM

We concurrently stream all of our in-studio classes via Zoom. While you won't be able to talk to your teacher during these streams, we hope you enjoy peaking into the yoga studio at our normal class times.

PAYMENT AND REGISTRATION:

- Login to your **MINDBODY** account
- When 2 classes are at the same time, sign up for the class marked "virtual/livestream"
- Pay per class \$8 - **if you pay per class, you must join LIVE and do not get a recording**
- OR included in the \$28 Virtual Membership fee
- Open the email from **FitGrid x The Yoga Harbor** & click the link to start your stream
- You will need the Zoom App and any Zoom account to participate

#3 Interactive LIVESTREAM

These Zoom classes are fully-interactive. Your teacher will be filming from his/her/their home, and you'll get to chat before and after class.

PAYMENT AND REGISTRATION:

- Login to your **MINDBODY** account
 - Sign up for a "virtual/livestream" class (no in-studio class occurs at the same time)
 - Pay per class \$8 - **if you pay per class, you must join LIVE and do not get a recording**
 - OR included in the \$28 Virtual Membership fee
 - Await the email from **FitGrid x The Yoga Harbor** & click the link to start your stream
 - the Zoom App and any Zoom account to participate
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#4 On Demand Video Library

We have set up a fully on-demand library for you! You can join your favorite teachers from any device, any time you want. Login to your **VIMEO** account. Virtual Members receive login credentials to both **MINDBODY** and **VIMEO**. Click to play any class!

STYLES OF CLASSES

- Standard Definition (SD) recordings of:
 - Zoom interactive classes
 - Studio classes
- High Definition (HD) recordings of premium content:
 - Unique class formats
 - Series-based videos

VIEW ON ON YOUR TV

- Install the Vimeo App on your device using one of the following methods:
 - Use your Apple TV (4th Generation): search for "Vimeo" in the tvOS App Store*
 - Android TV: search for "Vimeo" in the Google Play Store
 - Roku: <https://channelstore.roku.com/details/1980/vimeo>
 - Amazon Fire TV devices: <http://a.co/eJ5c9Gh>
 - Samsung TVs (2015-2018 Tizen-powered devices)
 - Chromecast (via iOS and Android mobile apps)
- log in to your VIMEO account
- Navigate to your Watch Later queue – any titles that you purchase or rent will appear [here](#)
- The [Vimeo iOS app](#) also supports Chromecast and iOS AirPlay
- Apple TV users can log in and find their VOD rentals and purchases under "My Videos"

ON A PHONE OR TABLET

- Mobile app: Download the Vimeo mobile app to your phone or tablet. Within the app, log in to Vimeo, then navigate to your Watch Later queue.
- Mobile site: On your phone or tablet, open a web browser and go to vimeo.com. Log in to Vimeo, tap the "v" icon (in the top-left corner of the page), and choose "Purchases" from the menu to see all of the titles you've bought. Your titles will also appear under "Watch later."