**Yoga/Physical fitness Instructions**

We are delighted that you will be joining us for our online Yoga/Fitness session. To ensure that you have a smooth and enjoyable experience, please take note of the following instructions before the session.

1**. Prepare your equipment**: Before the session starts, make sure you have all the necessary equipment ready. **This may include a yoga mat, resistance bands, dumbbells, or any other equipment specified by your instructor**. Set up your equipment in a clean and safe space with enough room for you to move comfortably.

2. **Test your internet connection**: A stable internet connection is crucial for a seamless online session. Prior to the session, test your internet connection to ensure it is working well.

3. **Choose the right device**: Select a device with a screen size that allows you to see the instructor clearly and follow the movements without any difficulty. A laptop, tablet, or large-screen smartphone would be ideal. Also, ensure that your device is fully charged or connected to a power source to avoid interruptions due to low battery.

4. **Download the app**: Please make sure you have it installed on your device in advance. Familiarize yourself with the basic features, such as video and audio controls, so that you can navigate through the session effortlessly.

5. **Find a quiet and private space**: Choose a quiet and private space where you can focus on the session without distractions. Inform family members or roommates about your session, requesting them to avoid interrupting you during that time. Close any unnecessary tabs or applications on your device to minimize distractions.

6**. Dress appropriately**: Wear comfortable and breathable clothing that allows you to move freely during the session. It is advisable to dress in active wear suitable for the type of fitness or yoga practice you will be engaging in. Additionally, have a bottle of water nearby to stay hydrated throughout the session.

7**. Food related :** If planning to intake food before class ,please take it 2hour before the class.

Bladder and bowels should be empty before starting any practice.

8. **Set up your camera and audio**: Position your device's camera in a way that allows the instructor to see your movements clearly. It's essential for them to provide you with appropriate feedback and guidance. Ensure that your audio settings are adjusted correctly, and consider using headphones or earphones to enhance the audio quality.

9. **Join the session early**: Log in to the session a few minutes before the scheduled start time to avoid any last-minute technical issues. This will give you time to troubleshoot any potential problems and ensure that you are ready to begin the session promptly.

10**. In case of not joining on time**: If you are not logged in at the scheduled start time of the session, the instructor will wait for up to 15 minutes. However, if you do not log in within that time frame, it will be considered that the session has been taken and completed.

If you have a scheduled class, which is missed or cancelled in less than 15hrs notice, it would be considered as the session is taken and done.

11. **Follow the instructor's guidance**: During the session, carefully listen to the instructor's instructions and follow their demonstrations. Pay attention to proper form and technique to prevent injuries and maximize the benefits of the workout. If you have any questions or concerns, don't hesitate to ask the instructor for clarification.

12. **Enjoy and have fun**: Finally, remember to relax, enjoy the session, and have fun! Online fitness and yoga sessions offer a convenient way to engage in physical activity and take care of your well-being. Embrace the experience and make the most of the session.

If you have any further questions or require assistance, please feel free to reach out to us.