



## Join us for an Online Yoga Session via Zoom Call

**Webinar ID - 380220694**

<https://zoom.us/j/380220694>

### Step 1:

Enter the URL - <https://zoom.us/join>

### Step 2:

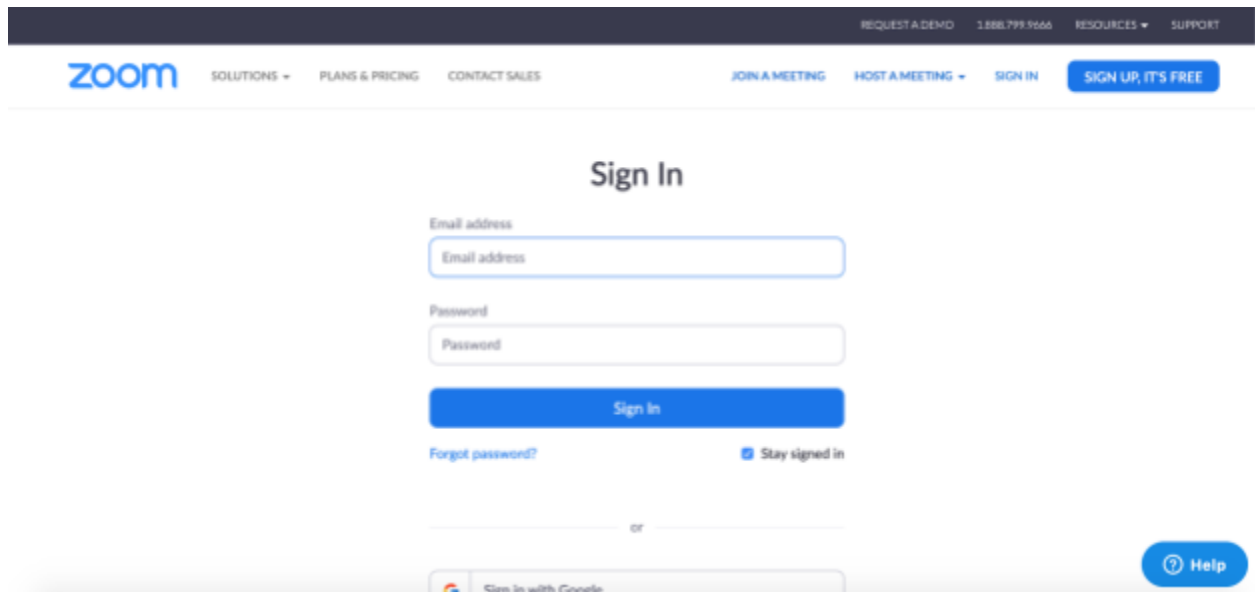
Click on 'SIGN IN'

The screenshot shows the Zoom website's 'Join a Meeting' page. At the top, there is a dark navigation bar with links for 'REQUEST A DEMO', '1.888.799.9666', '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 blue button labeled 'SIGN UP, IT'S FREE'. A blue arrow points to the 'SIGN IN' link. The main content area has the heading 'Join a Meeting' and a form with a text input field labeled 'Meeting ID or Personal Link Name' and a blue 'Join' button. At the bottom, there is a link 'Join a meeting from an H.323/SIP room system' and a blue 'Help' button.

**For any assistance, you may call us at +91-9870155322 | +91-8800708231**

### Step 3:

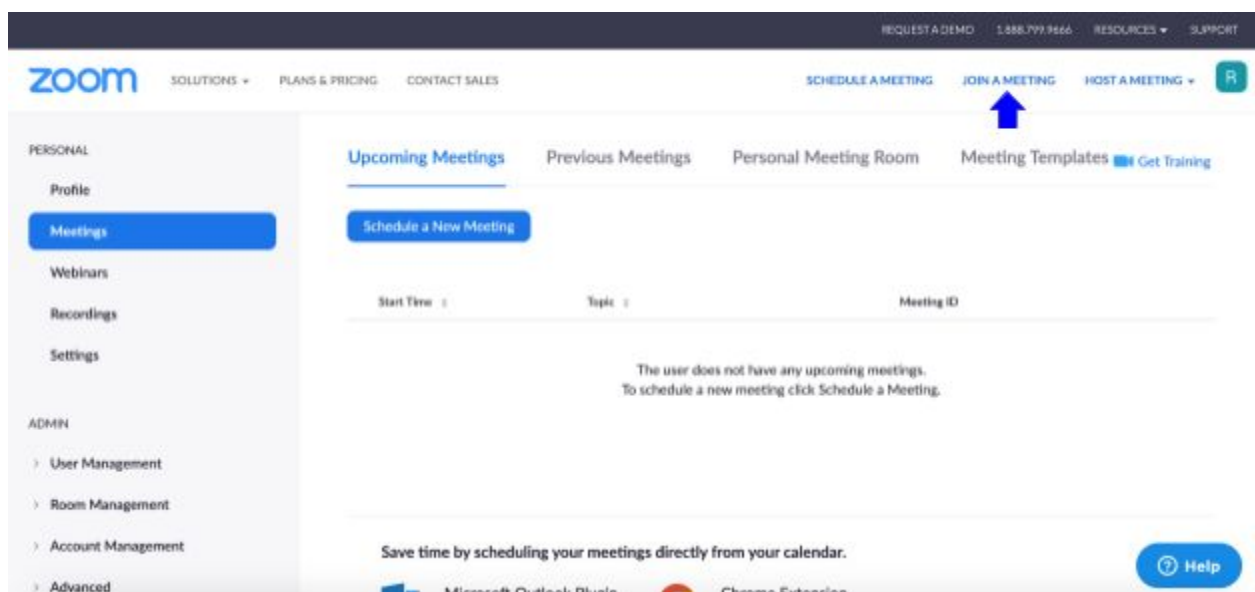
Sign Up or Sign In using a preferred mode



The image shows the Zoom Sign In page. At the top, there is a dark blue navigation bar with links for 'REQUEST A DEMO', '1.888.799.9666', 'RESOURCES', and 'SUPPORT'. Below this is a white header with the Zoom logo and links for 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'JOIN A MEETING', 'HOST A MEETING', 'SIGN IN', and a blue 'SIGN UP, IT'S FREE' button. The main content area is titled 'Sign In' and contains a form with two input fields: 'Email address' and 'Password'. Below the fields is a blue 'Sign In' button. To the left of the button is a link for 'Forgot password?' and to the right is a checkbox labeled 'Stay signed in'. Below the form is a horizontal line with the word 'or' in the center. At the bottom of the form is a 'Sign in with Google' button. In the bottom right corner, there is a blue 'Help' button with a question mark icon.

### Step 4:

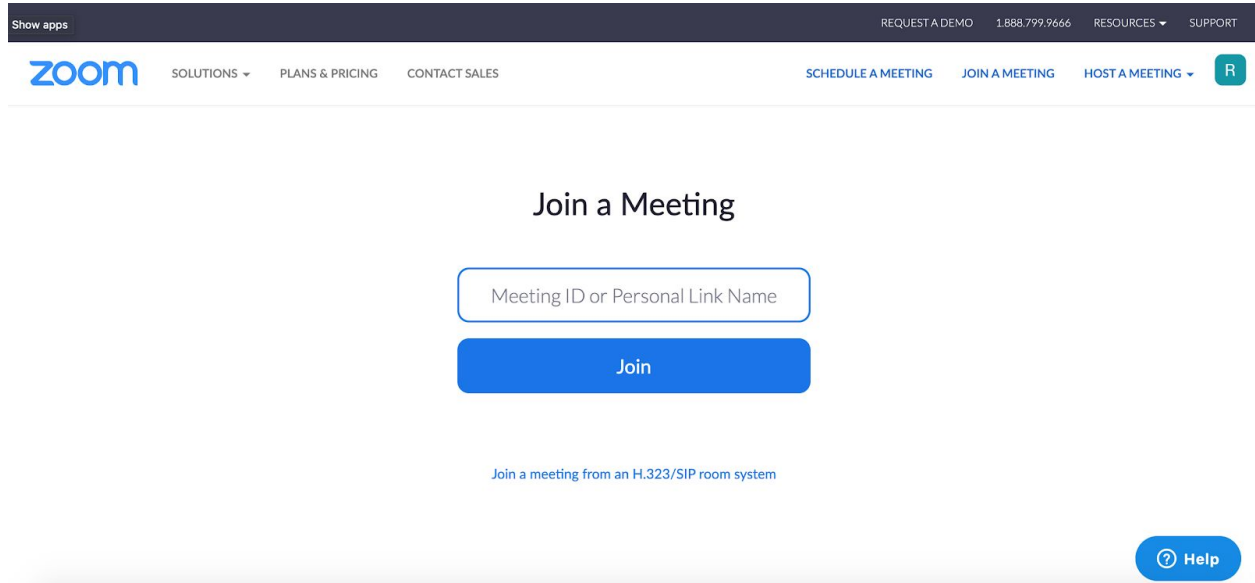
Click on 'Join A Meeting'



The image shows the Zoom Dashboard. At the top, there is a dark blue navigation bar with links for 'REQUEST A DEMO', '1.888.799.9666', 'RESOURCES', and 'SUPPORT'. Below this is a white header with the Zoom logo and links for 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'SCHEDULE A MEETING', 'JOIN A MEETING', 'HOST A MEETING', and a blue 'R' button. A blue arrow points to the 'JOIN A MEETING' link. The main content area is divided into two sections: 'PERSONAL' and 'ADMIN'. The 'PERSONAL' section has a sidebar with links for 'Profile', 'Meetings', 'Webinars', 'Recordings', and 'Settings'. The 'ADMIN' section has a sidebar with links for 'User Management', 'Room Management', 'Account Management', and 'Advanced'. The main content area of the 'PERSONAL' section is titled 'Upcoming Meetings' and contains a blue 'Schedule a New Meeting' button. Below the button is a table with columns for 'Start Time', 'Topic', and 'Meeting ID'. The table is empty and contains the text: 'The user does not have any upcoming meetings. To schedule a new meeting click Schedule a Meeting.' At the bottom of the dashboard, there is a blue banner with the text: 'Save time by scheduling your meetings directly from your calendar.' and a blue 'Help' button with a question mark icon.

## Step 5:

Enter the Meeting ID  
(mentioned on top)

The image shows the Zoom 'Join a Meeting' page. At the top is a dark navigation bar with links for 'Show apps', 'REQUEST A DEMO', '1.888.799.9666', 'RESOURCES', and 'SUPPORT'. Below this is a white header with the Zoom logo and links for 'SOLUTIONS', 'PLANS & PRICING', 'CONTACT SALES', 'SCHEDULE A MEETING', 'JOIN A MEETING', 'HOST A MEETING', and a user profile icon 'R'. The main content area has the heading 'Join a Meeting'. Below the heading is a text input field with the placeholder 'Meeting ID or Personal Link Name'. Underneath the input field is a blue 'Join' button. At the bottom of the main content area, there is a link that says 'Join a meeting from an H.323/SIP room system'. In the bottom right corner, there is a blue 'Help' button with a question mark icon.

## Step 6:

**Have a great Stay at Home Yoga Session!**

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