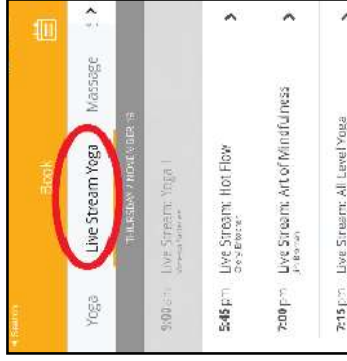
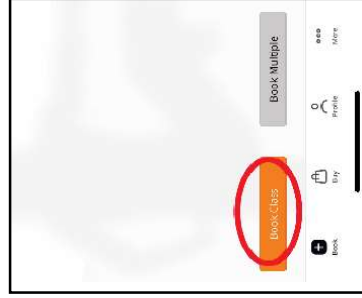


Via our app:

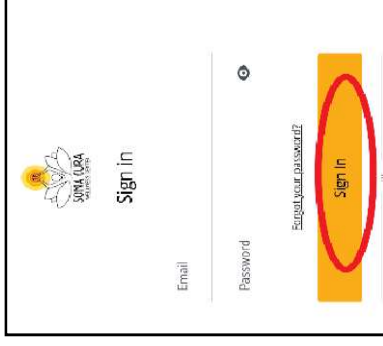
- ✓ Open the Soma Cura app and select the Live Stream Yoga list



- ✓ Click on the class you would like to sign up for and then click Book Class at the bottom



- ✓ Sign into your account.



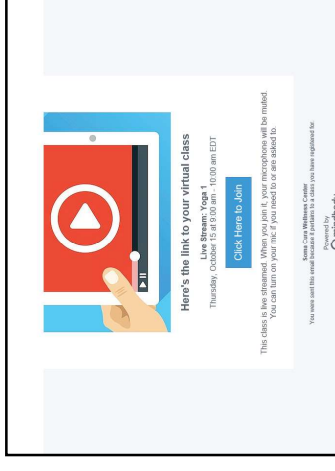
If you need help with your email and password, you can reset your password by clicking the **Need New Password** link or create a new account by clicking on Create Profile.

If you still need help logging in, call us at (716) 773-1639 or Vanessa at (716)341-5028

- ✓ Choose to add a reminder or close the window



- ✓ 30 minutes before class, you will receive an email with a link to the class. If you signed up within 30 minutes of class, you will receive the email in 2-3 minutes.



- ✓ About 10 minutes before class, click on the **Click Here to Join** button on your email. You may have to sign in with your username and password.
- ✓ You will have the choice to allow your microphone and camera to have access.
 - You are not obligated to allow the instructor to see or hear you, but it does give the instructor the ability to welcome you and help you with your class.
- ✓ After class, simply click on **Leave**.

If you have any problems, please feel free to call the studio (716-773-1639) or Vanessa (716-341-5028) for help!