

Rört Online Classes Guide

- How to sign up for a class
 - How to enter a class
 - During the class
 - After the class

How to sign up for a class

- To sign up for a class, go to www.rort.dk/schedule
- The classes happening online are the ones where it says „(online)“ in the class titel (We made this one easy for you...)
- Simply click on „Sign up“ and get your ticket, or enroll with your membership
- **NB:** You need to sign up for online classes **at least 10 minutes before** they start. Otherwise you will not receive the link on time (see next page)

How to enter a class

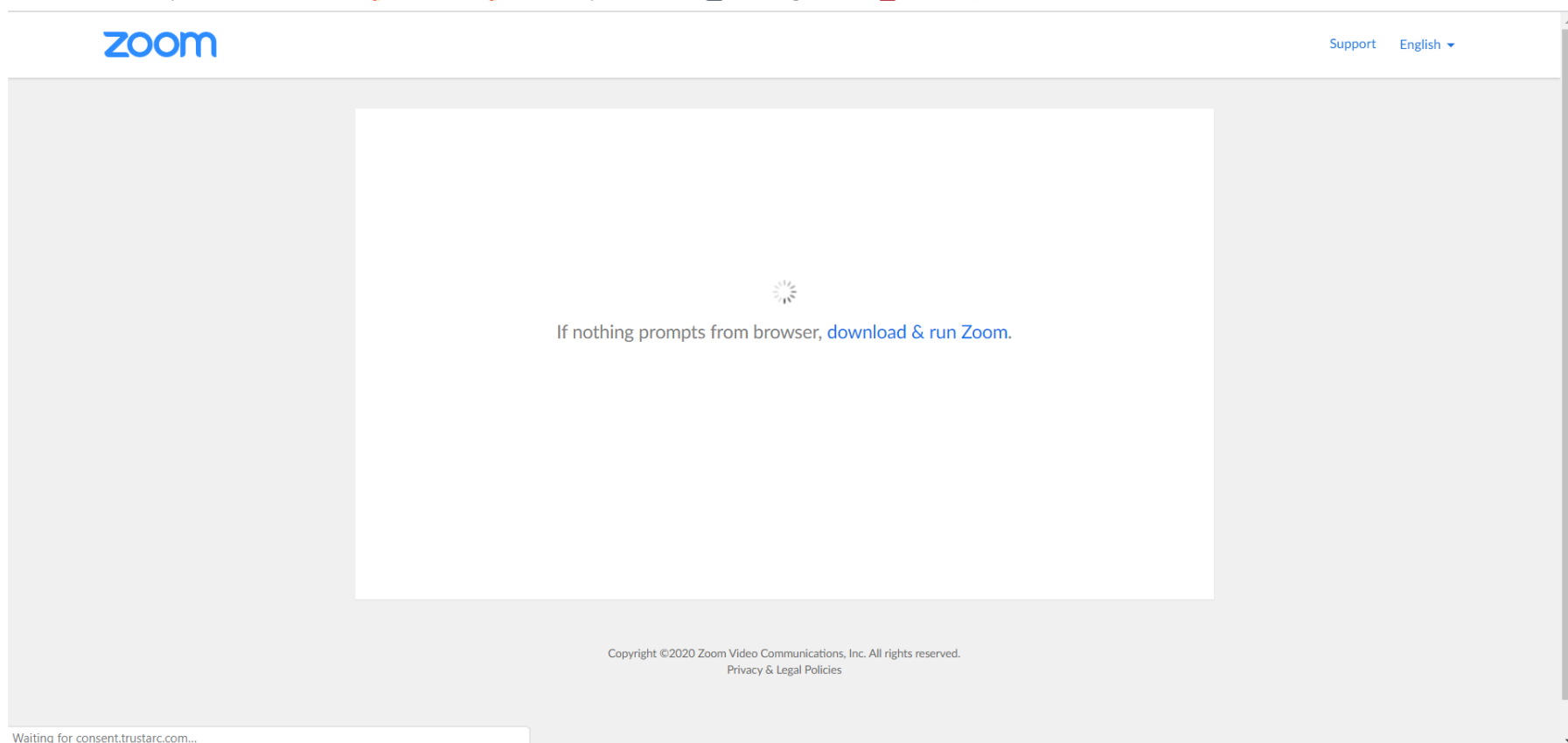
- When you signed up for a class, then you will receive an email with a link 10 minutes before the class starts.
- That link can be opened on your laptop, phone or tablet/iPad.

On your phone or your tablet/iPad, you will need to install an app, called „ZOOM cloud meetings“.

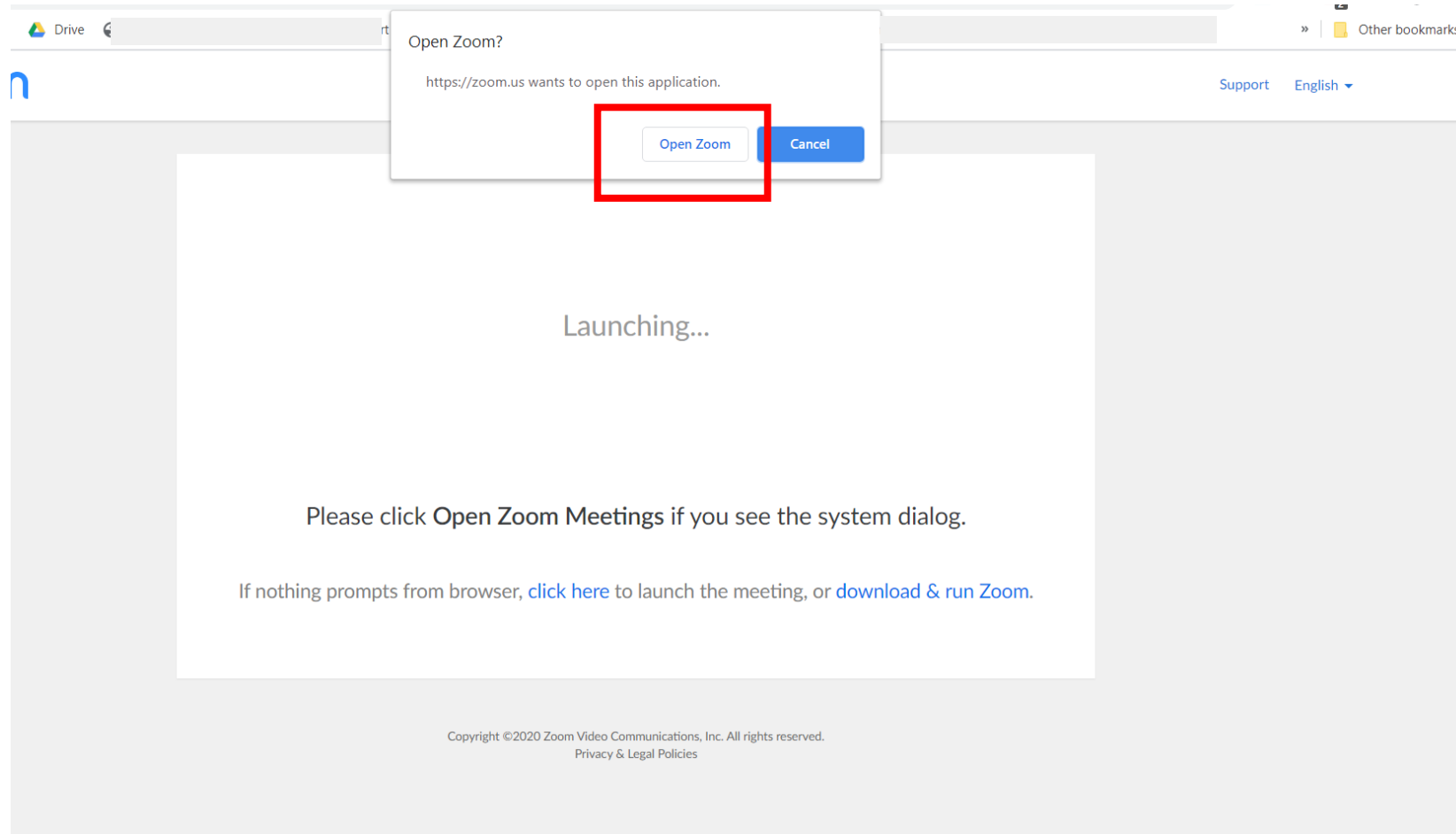
-for iPhone: <https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307>

-for android/Samsung: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en>

On your laptop, you *can* join without installing anything, but we recommend to follow the instructions that will pop-up and install the Zoom program (see next pages)

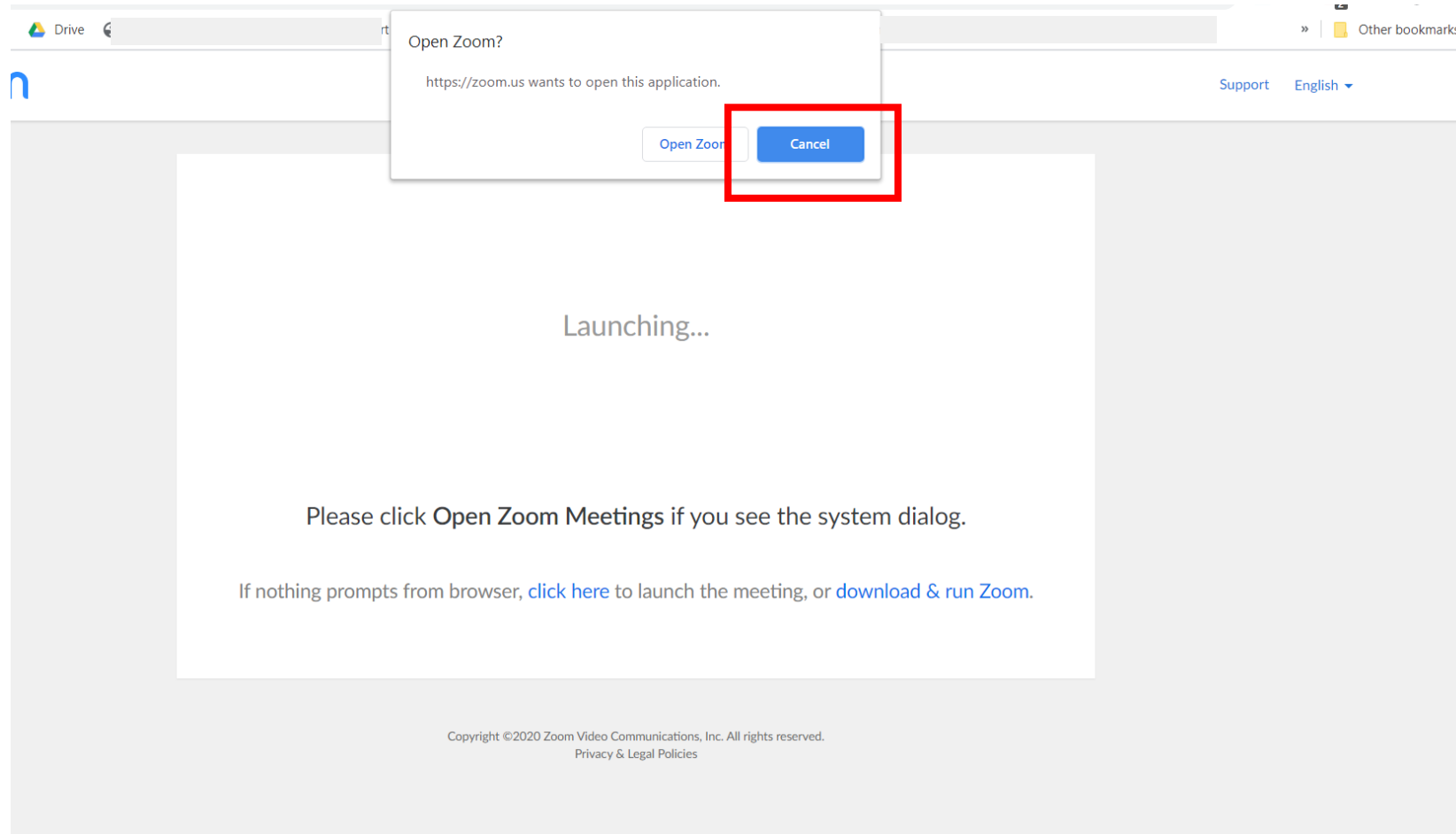


After clicking the link to the online session, your internet browser will open (Chrome, Firefox, Safari,...).



A window will pop-up, click on „Open Zoom“ or follow the instructions to install the program.

Only if the installation does not work,
or if you should not have the rights to install programs on the
laptop you are using,
you can follow the steps on the next pages to enter the class
directly from your browser.



Click „Cancel“ in the pop-up window that wants to run/install the Zoom program

Launching...

Please click **Open Zoom Meetings** if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

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Help

Click on „click here“ and then „cancel“ again in the new pop-up window.

Launching...

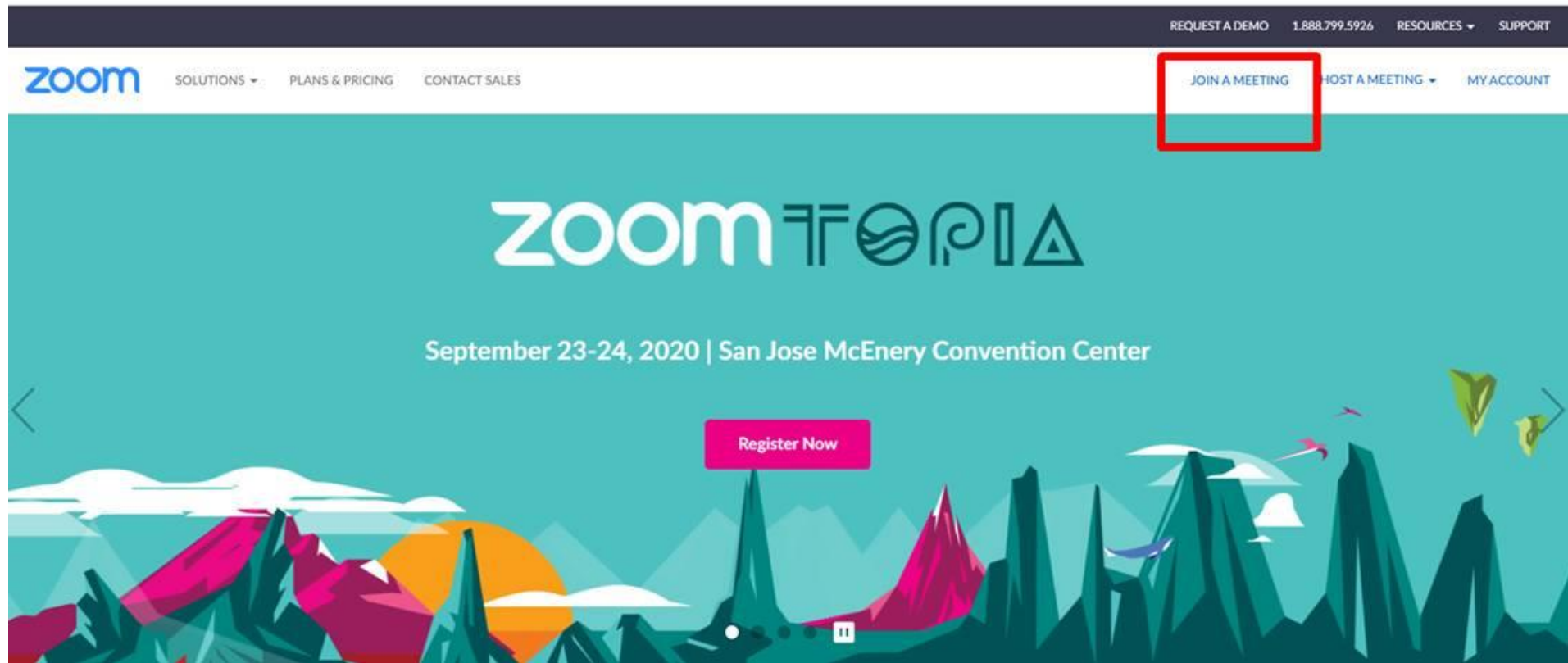
Please click **Open Zoom Meetings** if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

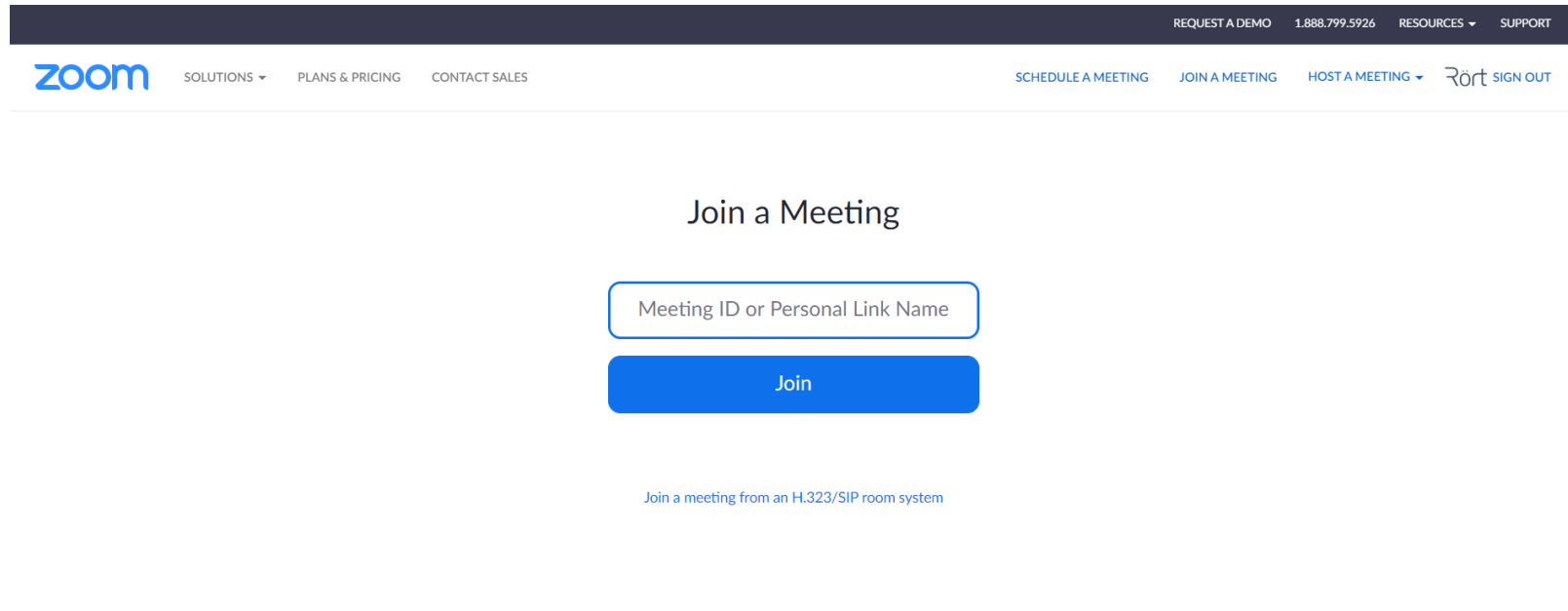
If you cannot download or run the application, [start from your browser](#).

Now there will be a new text and click on „start from your browser“ there.

If the link does not work, you can join the meeting via the Zoom website as well.



Go to www.zoom.us and click on „Join a meeting“ on top right.



Enter the Meeting ID that you have received, and the password if required, and join the session.

During the class

- When you enter the class, please use your full name as your username (that will make it easier to see who is joining and to interact with people, instead of just looking at two Annas, two Tines and three Martins... ;)
- To see the teacher in a big window: Right-click on the small video image and click on „Pin video“
- You can use the chat function for questions (see image on next page)
- Your microphone will automatically be off when you enter. Please keep it that way during the class, but you can switch it on afterwards.

00:36:43 Sprecheransicht

Sprecheransicht (Alt+F1)

MOVE TO BE MOVED

1)

2)

3)

Audio ein Video beenden Einladen Teilnehmer Bildschirm freigeben Chat Aufzeichnen Reaktionen Meeting verlassen

- 1) Switch your microphone on
- 2) Use the chat function
- 3) Change from gallery view to speaker view

After the class

- You can simply close the window or the app, or click on „Leave meeting“
- We are looking into ways how you can continue to hang out with each other after the class, if you want to talk more with your fellow yogis or meditators. We'll keep you updated about this, or just ask us in the chat.

For more info

- If you are getting really bored at home, you can find more tutorials and guides on the zoom website:

<https://support.zoom.us/hc/en-us/categories/200101697>