

# Rört Online Classes Guide

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# How to sign up for a class

- To sign up for a class, go to [www.rort.dk/schedule](http://www.rort.dk/schedule)
- Simply click on „Sign up“ and get your ticket there, or enroll with your membership
- All our class times are Copenhagen time (GMT +1, Central European Standard time)

# How to enter a class

- After having signed up for a class, then about 15 minutes before the class starts you can go to [www.rort.dk/online](http://www.rort.dk/online)
- Read the instructions, if you haven't done so yet.
- Then click on the button „Enter the next class“

# How to enter a class

- That button will open a link that can be entered on your laptop, phone or tablet/iPad.

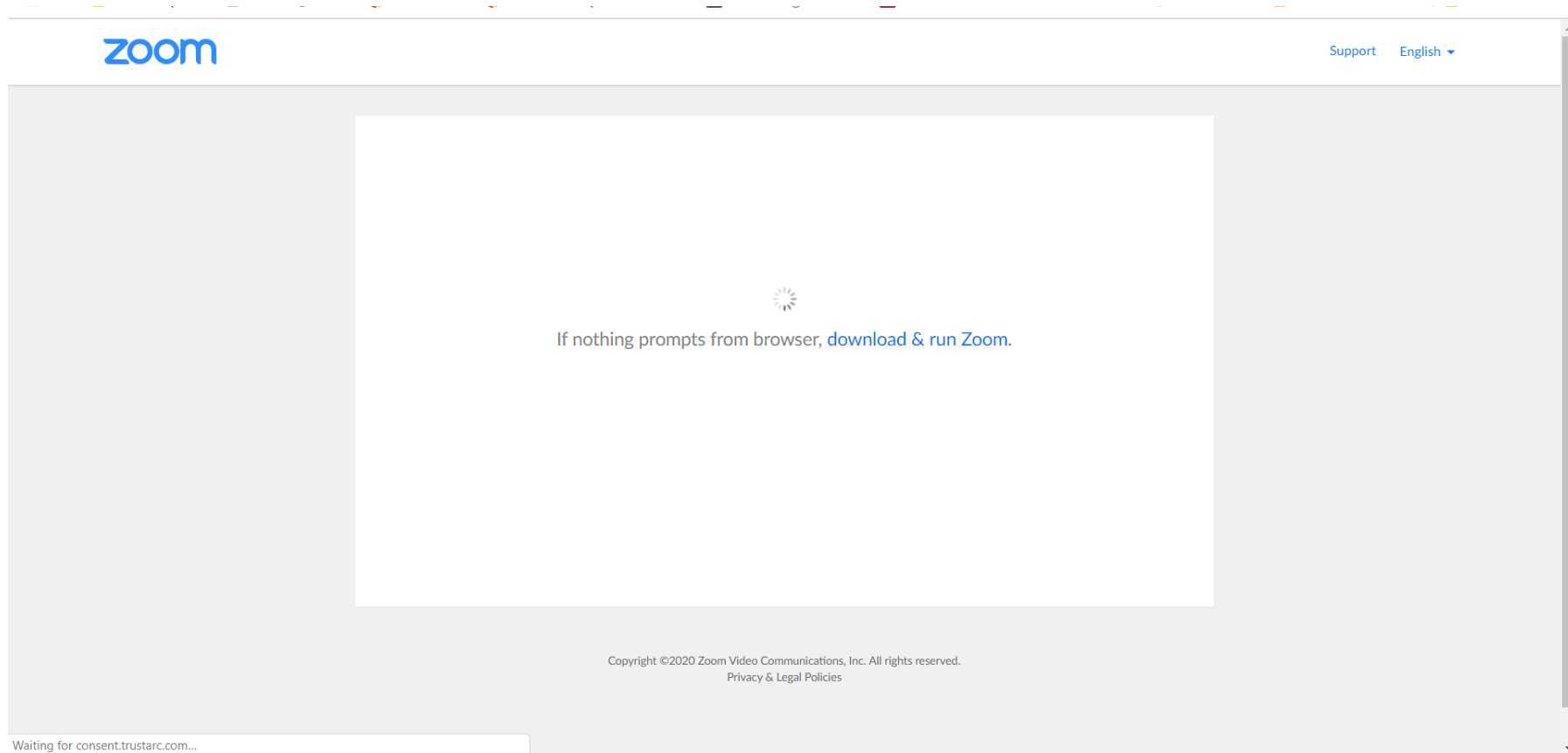
On your phone or your tablet/iPad, you will need to install an app, called „ZOOM cloud meetings“.

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

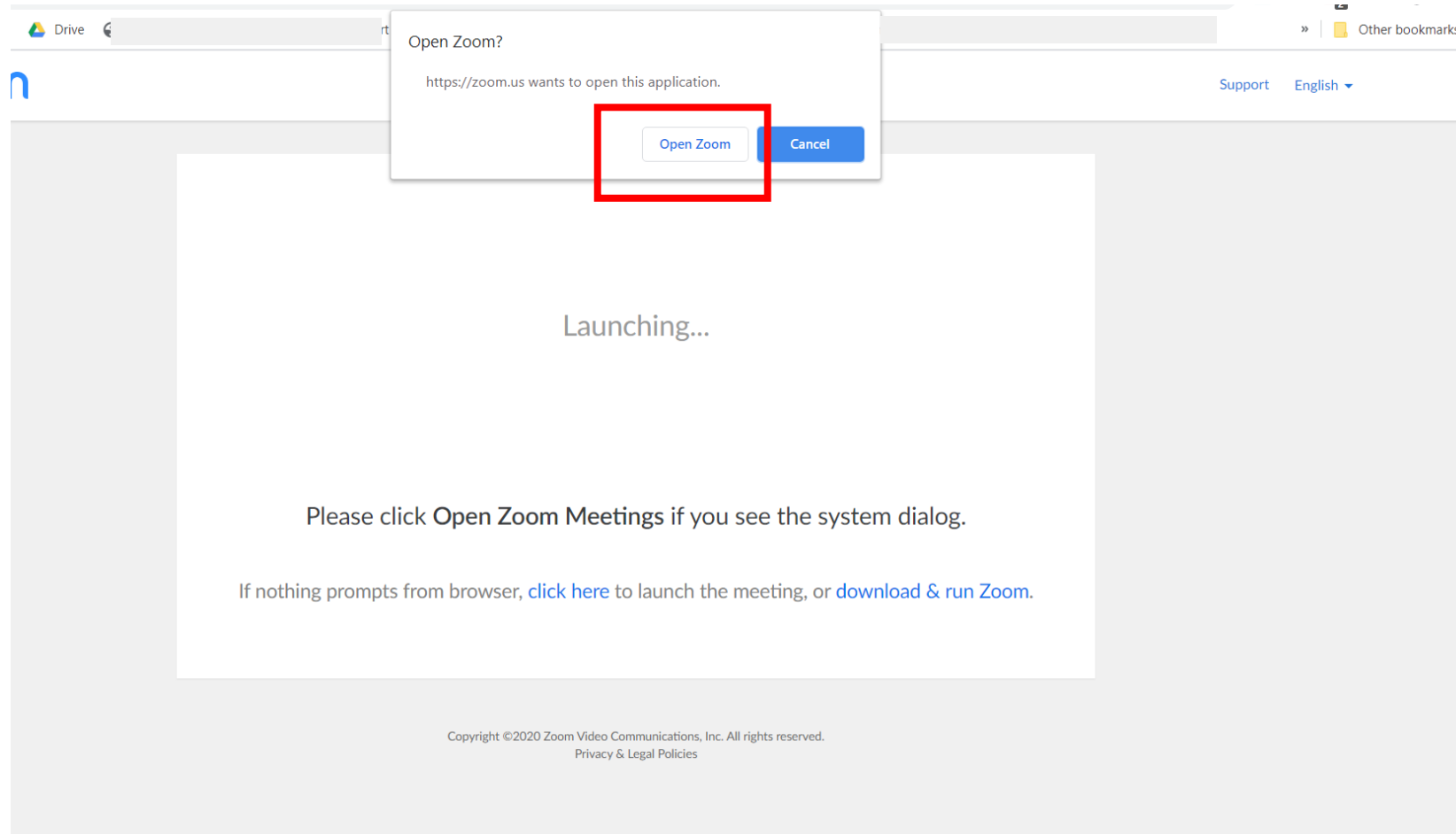
-for android/Samsung: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en>

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)

- You will then enter the waiting room for the class, where the teacher will check your full name (see below „How to enter your full name“) and give you access to the virtual studio.

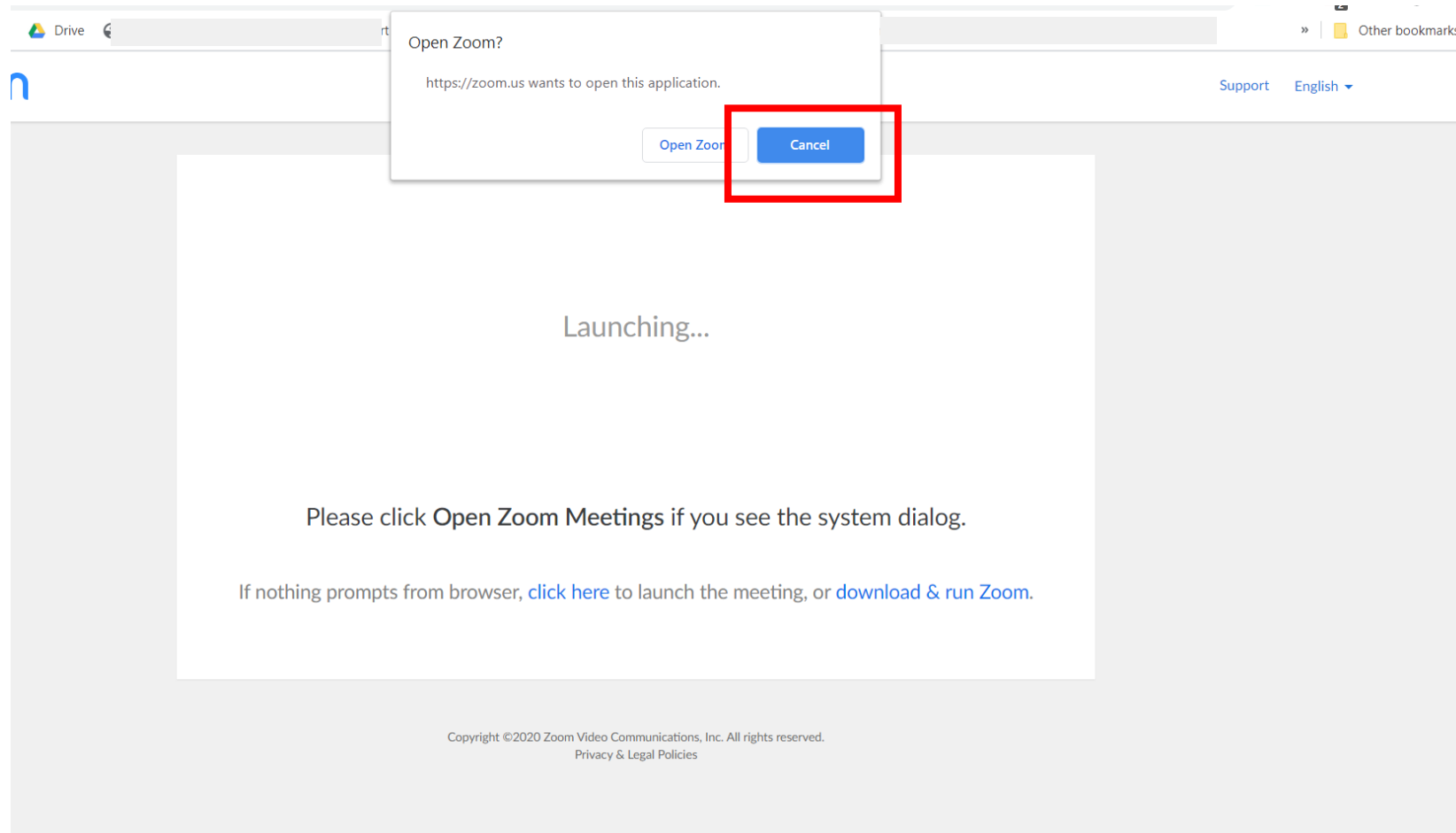


After clicking the link to the online session, your internet browser will open (Chrome, Firefox, Safari,...).



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...

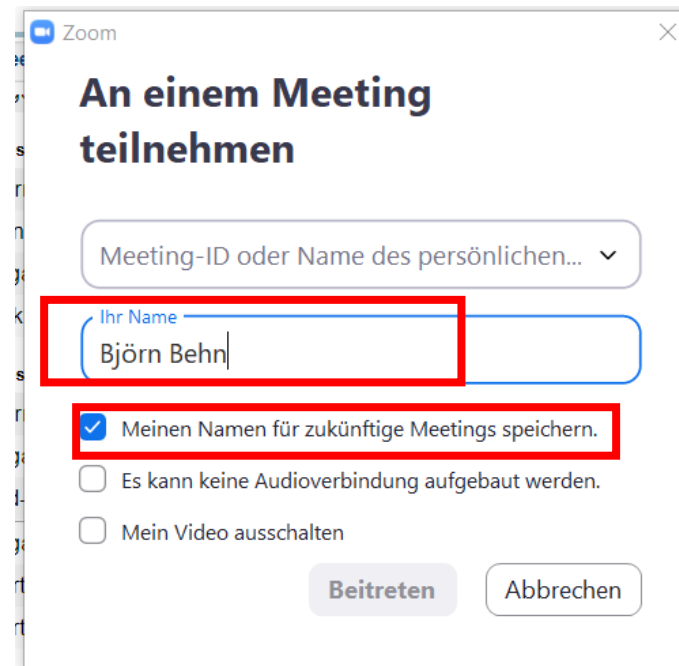
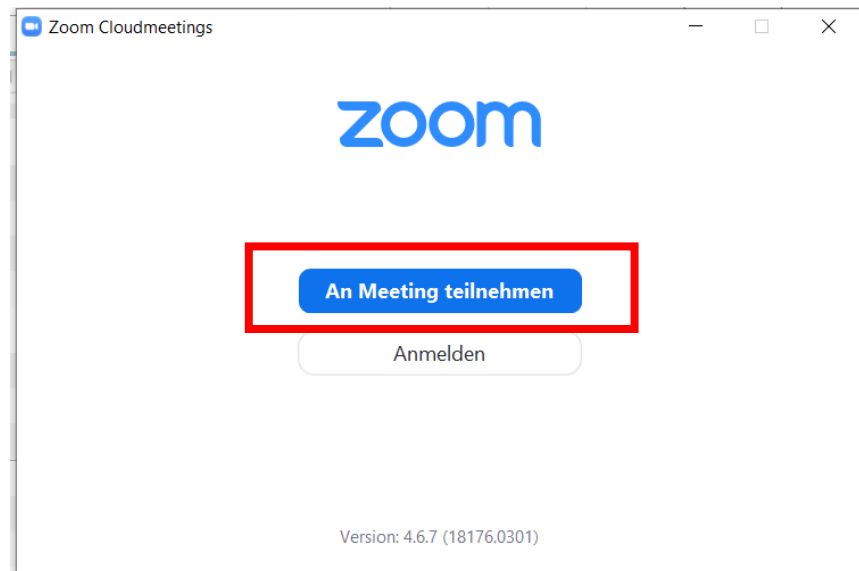
Please click **Open Zoom Meetings** if you see the system dialog.

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. You will need the Meeting ID and Password for this.

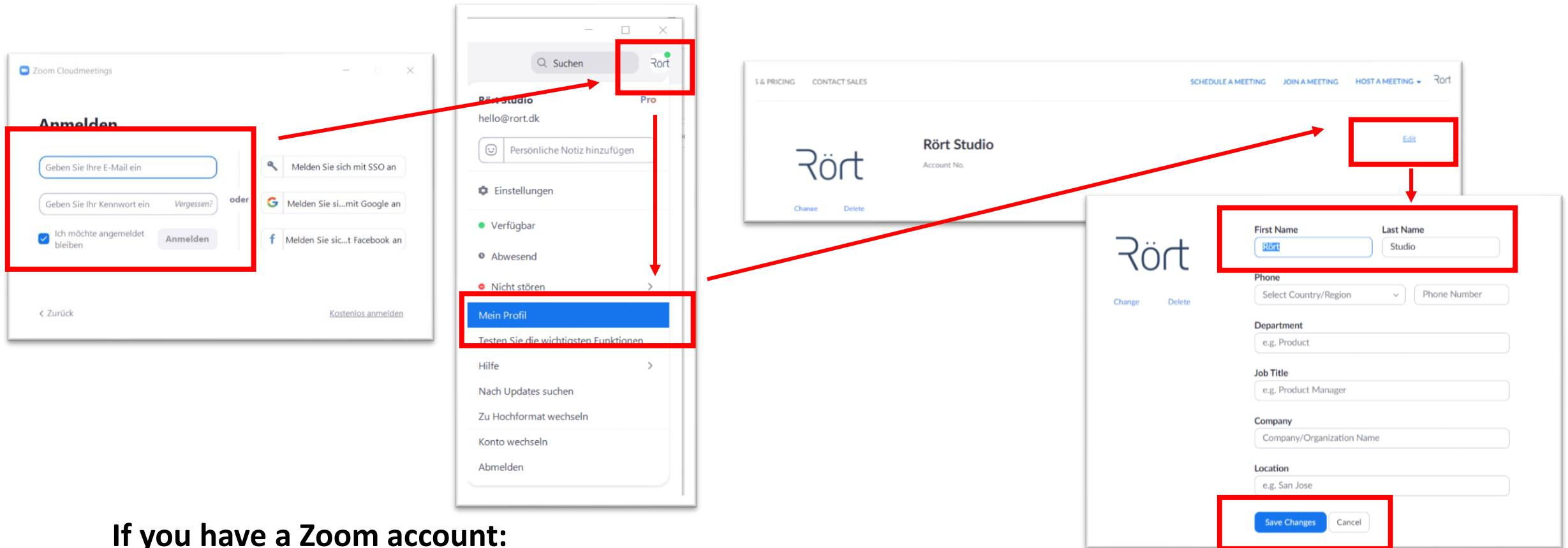
# How to enter your full name



## If you are not logged in to Zoom or do not have an account:

- 1) Start the "Zoom Cloudmeetings" program and click "Join Meeting"
- 2) Enter the Meeting ID (from the class event description on [www.rort.dk/schedule](http://www.rort.dk/schedule), or from [www.rort.dk/online](http://www.rort.dk/online) )
- 3) Enter your Firstname and Lastname in the second box
- 4) Make sure to "Save name for future meetings" and click on "Join" . That's it.

# How to enter your full name



## If you have a Zoom account:

- 1) Start the "Zoom Cloudmeetings" program and sign in to your account
- 2) Click on your logo/the icon on top right to open the menu, and click on „My profile“
- 3) A webpage in your browser (Chrome, Safari, Firefox,..) will open, to bring you to your Zoom account.
- 4) Click on „edit“ to change your First Name and Last Name, click „Save“. Done.

# During the class

- 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 to ask questions or to share after the class.
- On a laptop, click on top right to change from gallery view to speaker view. On your phone, swipe to the sides to change view.



# After the class

- Click on „Leave meeting“, on the laptop on bottom right and on mobile on top right
- 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.

# 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>