



DanceAbility Online Class Guidelines

Join us this Sunday at 14-14.45 for our online DanceAbility class.

We will be using the platform of Zoom for the class. You can join the class through this link

<https://us04web.zoom.us/j/312484241?pwd=d1VTbFN6bHlzL1d2cFpoWGg3SHIEQT09>.

When you click on the link it will take you to the meeting. We recommend joining the meeting 10 minutes before. We will open the meeting at 1.45. If you are not familiar with this platform you can find out more information here:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

- 1) Create a space for yourself where you can sit and lay down comfortably.
- 2) PLEASE show up on time; the virtual studio is just as sensitive as an actual studio with its need for focus and coherence.

Warmly welcome and hope to see you soon!