

**Vital Life Yoga – class schedule system
at <https://MomoYoga.com/VLY>
ty@VitalLifeYoga**

First, you need to visit my web site at <https://VitalLifeYoga.com> where you will see my HOME page. The top of that page is displayed below:



You need to click on the MENU tab named “**Register for Classes.**” It’s circled in red on the display.

That will take you to the View Schedule page. The top of that page is displayed below:



On this page, click where it displays “**CLICK HERE View out Schedule and Register for Classes.**” It’s circled in red in the display. This CLICK will take off my website to the scheduling website which is MomoYoga.com. If you ever want to go directly there, my schedule is at <https://MomoYoga.com/VLY> The VLY is from the initials for Vital Life Yoga.

On the scheduling website, you will see the current week's schedule. Here is an example displayed:

Book one of our Accessible Yoga classes - yoga styles that fit Every Body

13 jul - 19 jul 2020 ← This week →

Monday July 13

Tuesday July 14

Wednesday July 15

6:00 pm Accessible Kundalini Yoga - FREE or DONATION **ONLINE CLASS** Ty
Online via Zoom

Thursday July 16

Friday July 17

8:30 pm BedTime Stories (Guided Meditations to Relax) - FREE or DONATION **ONLINE CLASS** Ty
Online via Zoom

If this is your first visit, you will need to register. The link **Register** is in the upper right of the page. It's circled in red here.

Clicking on the **Register** link takes to this page:

Start taking classes with Vital Life Yoga! Use the form below to register..

First name

Last name

Gender

Email address

Phone number

Comments

How did you find Vital Life Yoga?

By clicking 'Register', you are in agreement with the [terms and conditions](#) of Vital Life Yoga.

Just fill out the form with your info and click the blue **REGISTER** button at the bottom.

Now, you should see the following message:

Confirm your registration

Thank you for registering with Energy Light Yoga. We've sent an email to ty@glasstulips.com with a link to activate your account.

[▼ Didn't get an email?](#)

Powered by **momoyoga**

Now, go to your email and look for the message from MomoYoga.com. The subject should look like: **Welcome to Vital Life Yoga** but it will be from [no-reply@momoyoga.com](mailto:reply@momoyoga.com). If you do not see it, check your SPAM folder, just in case it got put there.

Here is a copy of what I got in my test example:

Welcome to Vital Life Yoga.

From now on, you can book your classes with us online.

Click here to get started:

<https://www.momoyoga.com/ely/member/setup/551441>

Vital Life Yoga's schedule can be found at:

www.momoyoga.com/VLY

You can book classes, cancel classes (up to 1 hour in advance) or change your registration.

Do you have any questions, please contact us.

Sincerely,

Admin Ty
VitalLifeYoga

The link marked by my red line is where you click to confirm your email address with the system.

Once you are confirmed, return to the schedule system (MomoYoga.com/VLY). You probably still have that window open in another TAB. You need to click on Login in the upper right corner. It's circled in red in the following display:

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13 Jul - 19 Jul 2020 ← This week →

Monday July 13

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Wednesday July 15

6:00 pm Accessible Kundalini Yoga - FREE or
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Online via Zoom

Thursday July 16

Friday July 17

8:30 pm BedTime Stories (Guided
Meditations to Relax) - FREE or
DONATION **ONLINE CLASS** Ty
Online via Zoom

After the log in, you will see your first name in the upper right corner of the screen. Classes that are in the future will have a Book now button in blue next to them.

Wednesday July 22

6:00 pm Accessible Kundalini Yoga - FREE or
DONATION **ONLINE CLASS** Ty **Book now**
Online via Zoom

Thursday July 23

Friday July 24

8:30 pm BedTime Stories (Guided
Meditations to Relax) **ONLINE CLASS** Ty **Book now**
Online

You will get a confirmation screen:

Are you sure you want to book this class?

Cancel

✓ Book class

Powered by **momoyoga**

Just click the blue button **Book class** and you get the following:

Wednesday July 22

6:00 pm Accessible Kundalini Yoga - FREE or

DONATION ONLINE CLASS

Online via Zoom

Will attending

Ty

Cancel class

Thursday July 23

Friday July 24

8:30 pm BedTime Stories (Guided

Meditations to Relax) ONLINE CLASS

Online

Ty

Book now

If you cannot make the class, you can click the red Cancel button, up to an hour before class begins. If you paid for this class or used a ClassPass, it will be refunded.

When it is time to attend the online class, you have 2 ways to find the Zoom link.

- 1) Look for an email message from VitalLifeYoga (actual address from is reply@momoyoga.com). It will look similar to the display below:

Dear [your name],

Thank you for booking the online class Restorative Yoga on 07/18/2020 at 8:30 am by [teacher or lead's name].

Access the class using the information below.

Link to the online class:

<https://us02web.zoom.us/j/88473993433?pwd=Yy9Eb2R5ZDFpVmFNdEp1Tkw01324Zz09>

Additional information:

Meeting ID: 884 7399 3433

Password: 138658

You can access the class 15 minutes before class starts.

Sincerely,

Vital Life Yoga

- 2) Return to the schedule (through my website <https://VitalLifeYoga.com> or go directly to <https://MomoYoga.com/VLY>). Log In into using your email address and password. Find the class and click on the name of the class. You will see a link that connects you to the Zoom connection. If you do not Log In, the system does not know you are Booked for that class, so you will not see the link for the class.

Saturday July 18

8:30 am	Restorative Yoga <small>ONLINE CLASS</small> Online Will attending	Staff	Cancel class
4:00 pm	Yin Yoga <small>ONLINE CLASS</small> Online	Staff	Book now

Click on the name of the class and you get the following info to appear:

Saturday July 18

8:30 am Restorative Yoga **ONLINE CLASS** Staff [Cancel class](#)

Online
Will attending

[Go to online class](#)

Meeting ID: 884 7399 3433
Password: 139058

Time	8:30 am - 8:55 am
Teacher	Staff
Location	Online
Spots	Still 9 available

Click on the blue **Go to online class** button, and you will taken into Zoom and the class.

If the Zoom system says you are in the Waiting Room, that just means the Presenter has not connecter, yet. You will be admitted as soom as the Presenter/Techer is online.