

Dance in the Times of Corona: Online Classes

SUNDAYS 10 AM PDT @your home | MARCH 22 & 29 & – ?

see [class page](#) for other times offered

<https://zusaengler.com/programs/classes/>

Frequently Asked Questions

What do I need to take an online class?

- We will use a platform called Zoom. You'll need a computer, ipad or iphone, and a good internet connection.
 - Download the zoom app here: <https://zoom.us/download>
It is painless, fast, and free.
If you are new to Zoom please do watch this intro video from zoom
https://www.youtube.com/embed/vFhAEoCF7jg?rel=0&autoplay=1&cc_load_policy=1
- If you have a computer, choose that over the iPad or iPhone. Not only will the sound be better but also you can interact more and see more of others.
 - If you can, connect your computer/phone to an external speaker for better sound quality.
- Make some space to dance. If you are in a shared space, find a room to yourself so you can dive into your own dance unselfconsciously. Or invite your friends/family to join you. Minimize other distractions (doorbell / email / household appliances) so that you can be as present in the dance as possible.
- Wear comfortable clothes to move in and have you water bottle near you.

How do I join online?

We will use Zoom room ID 517523021. When the time comes click on this link (active when the class is on): <https://zoom.us/j/517523021>

How do I pay for this class?

If you can pay the full fee for the class, then please send \$20 via this link

www.Paypal.Me/zusa

Please use the friends and family option. Pay what you can afford. I know many people are financially hard hit by work being cancelled. I am one of them.

Will it be recorded?

No, this is an in-the-moment event.

Can I invite someone who hasn't come to the class but is interested?

Yes you can, all are welcome. The Zoom ID number will be active just at the time of the class.

Can I go to my friends' house so we can join on Zoom together/as a small group?

As long as you are well, consenting, and take all the necessary precautions please do. Contact with each other is a human need, not only is it lovely but it will boost our immunity! Connection is so important.

I might be late. Can I still join?

Class starts at 10. Please be there by 10:15 AM, and stay to the end of the session if you can. Your presence really makes a difference. We will close the zoom room at 10:15.

Some helpful features of zoom

- Speaker view and Grid/Gallery view – you can toggle between the two to see the difference. Grid view is recommended when we're dancing, so we see each other and get inspired by each other.
- The ability to **MUTE AND UNMUTE** – when you are on 'mute' it reduces feedback loops that can occur. It also means you can make as much noise as you want. The Host and co-hosts can mute and unmute everyone.
- The ability to have your **CAMERA OFF AND ON**. Keep it on as it helps build connection and your presence matters!
- The **CHAT** feature – via the 'Speech bubble' icon in the bottom bar.
- The ability to **NAME YOURSELF** if you haven't already – three dots in your own window.

♥ Thank you Sarah Davies, Open Floor founding member
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