



Yoga resources

YogaNow

Our Sunday 6pm Community class is a free class, and your employers are welcome to direct their employees to our website,

www.yoganowchicago.com to sign up for the free Sunday 6pm Community class.

YogaNow also has a schedule of online classes available (attached).

Popsugar

Other classes in addition to yoga. Free.

https://active.popsugar.com/?utm_campaign=WFH%20Daily%20Digest%20Campaign&utm_source=hs_email&utm_medium=email&utm_content=85231518&hsenc=p2ANqtz--zidbrPp4LO6i0D6R_DMtFSmdlqANGOqEu4XWSTZMNj2cxoA8c59yvQGE1xWUEQ24GI8rj8BLNsjnlhQ8WgRuVRlp3Vw&hsmi=85231663

Yoga by Degrees



Yoga by Degrees Virtual Yoga Studio

Check out our FREE virtual classes and invite your friends!

We've Added Classes!

We have scheduled our virtual classes through April! Check out our schedule!

Important Note-ALL Virtual Classes are listed under our Elmhurst location

[Virtual Class Schedule](#)

To sign up for Virtual Yoga, please use Yoga by Degrees app, MindBody app, or sign up on your computer.

Here's How Virtual Classes Work!

-Click on the link below to view and sign up for our virtual classes. **All virtual classes are currently listed on our Elmhurst studio page**

Click **HERE** from your computer or open your YBD or Mindbody App for our Virtual Class Schedule

-You will need to create a MindBody login if you don't already have one in order to sign up

-You must sign up for Virtual Class at least 1 hour prior to the scheduled class start time



-Approximately 30 minutes before your virtual class time you will receive an email with a link to join the live stream of your class day and time

-Please be sure we have your correct email on file. Email us at newinfo@yogabydegrees.net if you are unsure

-You will need to download the free Zoom App on your smartphone or go to (<https://www.zoom.us/>) on your computer to live stream these classes

-Use the link you were sent to click in up to 15 minutes before your scheduled class time

-Enjoy your virtual yoga experience!

Thank you for your continued support. We are thinking of all of you and are excited to connect with you in this new way! Continue to follow our social media platforms for updates and other online videos to watch anytime!



Donate to your YBD teachers!

We are offering our virtual classes FREE to everyone.

Our teachers have been, and continue to be, incredibly supportive. They have been working hard with us to offer classes online and share online videos with us to share with all of you! They are the heart of our community.

Many of them have lost their main source of income during this time, as they are



unable to teach their regular class schedule.

If you would like to donate to our teachers you can do so using the link below.

*All proceeds go directly to YBD teachers

[Donate Here](#)

