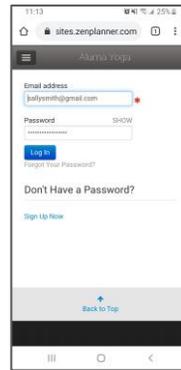# Aluma Yoga Live Streaming Help

Step 1: On your phone or computer, using your web browser (not the ZenPlanner app), open ZenPlanner by navigating to http://alumayoga.zenplanner.com
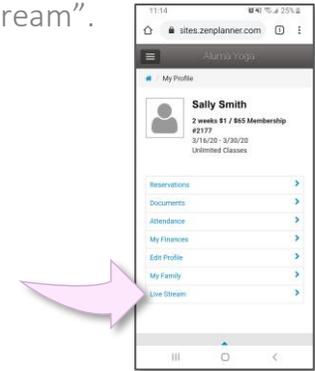
Click "Log In".

Step 2: Login using your ZenPlanner login and password. If you don't remember your password, use the "Forgot Your Password" link to reset it.

Step 3: Click "My Profile".

Step 4: Click "Live Stream".

Step 5: If a live stream is currently active, you will see it immediately. Otherwise, you will see a countdown to the next live streamed class.

Click the Play icon if the stream does not start automatically.