



Step by Step Guide for using ZOOM with “STARPIC” In Your Living Room

We have put together a step by step guide on how to set up ZOOM onto your device and how get the best out of it.

1. If you are using a **LAPTOP** to stream ZOOM then go to **ZOOM.us** website and open it up. STARPIC will send you the link required to join the online session and simply click to join.
2. If you are using an iPhone or iPad to stream ZOOM then go to ZOOM iCloud app which looks like this  download it to your phone or iPad.
3. Once you have booked a STARPIC session you will receive an email confirmation. You will then receive an email from STARPIC with the meeting ID number and password that you will need to enable you to join the Session/
4. To ensure you get a good connection and music to be in sync with the routine, you need to have a strong internet connection. If you have other members of the household then please ask them to go onto “Airplane Mode” on their devices so you have an even stronger signal while you are doing the session. If you are going to be streaming from your LAPTOP and have an ethernet cable you can boost your connection by connecting directly to the WIFI router.
5. Please join in the session 5 minutes before the start time, as we would have started the session and may not be able to add you.
6. Please only use ONE DEVICE to connect to the session or you will end up taking “TWO SQUARES” on the screen and we need to see everyone taking part.
7. If you are using a LAPTOP, iPad or TABLET it is possible to connect a HDMI cable from your device to the TV as this give you a bigger screen to view.
8. Using your phone would be your last option as the screen on it is very small.
9. When you click on the link to join the session, click on JOINING WITH VIDEO and then ACCEPT CALL USING AUDIO so you can hear and see us. When we go LIVE ONLINE everyone will see each other, if you prefer just to have STARPIC on your screen you can change the view. On a LAPTOP click on “Speaker View” at the top right-hand corner or on a PHONE click on “Switch to Active Speaker” at the top left-hand corner.
10. Once the class starts, we will MUTE you so you just hear STARPIC voice and the music to avoid unnecessary echo/feedback.

ENJOY AND HAVE FUN