



# THE LAB Weekly Schedule

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Sun

Mon

Tues

Wed

Thurs

Fri

Sat

**7:00 AM**  
**Core Strength  
and Mobility**  
*Jill Martin*  
(60 min)

**7:00 AM**  
**Core Strength  
and Mobility**  
*Jill Martin*  
(60 min)

**12:00 PM**  
**Meditation &  
Yoga for Stress  
Resilience & Pain  
Management**  
*Hattie Bluestone*  
(60 min)

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[THELABSB.com](http://THELABSB.com)



# T H E L A B

Greetings LAB Friends!

We are excited to reconnect with you by creating a virtual LAB yoga and core strength community! We are currently live streaming all of our class offerings:

- Tuesday, 7am to 8:00am - ***Core Strength and Mobility*** with Jill Martin
- Thursday, 7am to 8:00am - ***Core Strength and Mobility*** with Jill Martin
- Friday, 12pm to 1:00 pm -- ***Meditation and Yoga for Stress Resilience and Pain Management*** with Hattie Bluestone

**Here's how you can join us:**

1. **STEP 1: Download the Zoom App on Your Device.** Zoom will work on any device, but if you have access to a larger screened device (think desktop, laptop, tablet), it will be easier for you to see the instructor.
2. **STEP 2: Sign up for class on Mindbody at least 15 minutes before class.** We are committed to promoting health and well-being and battling the effects of social distancing. We feel that creating a virtual fitness community is one building block to maintaining wellness and connection during these unprecedented times. If you have issues logging into Mindbody to sign up for a class, please email us at [info@thelabsb.com](mailto:info@thelabsb.com)
3. **STEP 3: Right before class starts, check your email for the Zoom link.** We will send you an email to the email address we have on your Mindbody profile with the Zoom link and code needed to join class. Please be patient – the email will likely arrive just before class starts. (See troubleshooting below.)
4. **STEP 4: Click the Zoom link in the email and enter the Zoom code provided in the email.**
5. **STEP 5: MUTE your device.** Make sure your device is on mute so that you can hear the teacher, but the class can't hear you!

**What You'll Need:**

1. **Wi-Fi: In order to successfully view classes, you will need strong, reliable Wi-Fi.** With the increased number of Zoom users, they and we are occasionally having bandwidth issues. EXPECT issues... and relax through them! We'll all do the best we can & that's all we can ask for or expect. If internet fails, try logging in again or use your cellular service.
2. **Computer/Tablet/Mobile Phone with Camera (the bigger the screen, the better!)**

### 3. **Mat/Towel:**

1. If you have a yoga mat, great! If not, find a non-slip surface for standing poses. If balance is an issue for you, practice near a wall for support or skip poses that feel unstable.
2. Grab a towel or blanket for the parts of our practice on our knees and our back.
3. We will teach classes that don't require props.
4. **Willingness to Adapt!** We'll help you with physical flexibility and ask that you bring your mental flexibility! We are doing our best to make this transition seamless but expect some seams!
5. **Quiet Space:** Your sound won't come through to class, but for you to enjoy the class, if possible, we recommend finding a quiet space.
6. **Commitment to Be Responsible for and Listen to Your Body:** Whenever we are on the mat together, it's always important to listen to your body and make choices that are appropriate for your body. It's particularly important now! **Your teacher cannot see you in a group Zoom setting. If you come to an exercise that is not right for your body, leave it out and wait for the next exercise that is right for you. If you know of a modification, do a modification.** If you need a modification or have questions, skip the exercise and email your teacher after class to request a modification for future classes.

### **TROUBLESHOOTING:**

1. **Confirm Your Mindbody Email:** Take a moment and make sure that the email we have on Mindbody is the email on which you'd like to receive your zoom link and code.
2. **Check Your Junk Mail:** Zoom emails sometimes get caught in spam filters. It did for my Gmail account! Check your junk mail.

Please note that THE LAB's classes are live-stream only and **may not be recorded for any purposes.** Thank you for your understanding and cooperation! We look forward to practicing together with you!

THE LAB Teaching Team