Zoom Program Call-In Information

Steps to Join a Zoom Class

1. Call the phone number listed under 'Call-In Number' below
2. When prompted enter the Meeting ID and then press #
   **If the class has not yet started you will be placed on hold*
3. When prompted to enter a Participant ID just press #
4. If prompted enter the Passcode and then press #
   **You will be in the 'Waiting Room' until the instructor begins the class*
5. When the class starts:
   a. You will be automatically muted upon entry
   b. Press *6 if you wish to unmute your audio and be heard by the instructor or participants

DATE	TIME	PROGRAM	CALL-IN NUMBER	MEETING ID	PASSCODE
All Tuesdays	10am	Breathe Together	1-646-558-8656	827 3324 6406	053009