

How to attend a livestream class online?

Do you live far away? Feel like a home practice every now and then? We've got you covered. Almost all of our classes are being live streamed, live from our shala to your living room. So you can practice with us anywhere, anytime.

Where can I watch the livestream classes?

You can view our livestream through our website: www.denieuweyogaschool.nl. We use Youtube to stream all of our classes. Having problems booking a class following the steps below? Try a different browser (Safari, Chrome, FireFox)! Or log on on a different device (mobile, laptop, tablet).

Book a livestream class in 8 easy steps:

1. Log on or register on our website.
2. Go to [> Prices](#). Here, you can purchase an Online Monthly Unlimited Membership (€29,-) or a single Online Livestream Class. Do you have a regular Membership unlimited? Then all our livestream classes are temporarily included in your membership up until December!
3. You can now book your class in our [> Schedule](#), clicking the **> Online inschrijven** button next to the class of your choosing.
4. Great! You're almost ready to go. Under **> Online lessen** you can find an overview of the clas(ses) you booked. 15 minute before the start of the class a button **> Online meeting starten** will appear here.
5. Click **> Online meeting starten** and Youtube will open in a new tab.
6. Roll out your yoga mat and get ready! Optional: keep a blanket and cushion closeby.
7. Make sure that you click the button **> Online meeting starten** 5 to 10 minutes before the start of the class, so that Youtube is open and ready to go. In a few minutes, the livestream will start automatically!
8. Enjoy your yoga class!

I heard there is a coupon code for a free online yoga class, how does that work?

We are very proud of our new and improved livestream, so we'd love to share a free livestream class with you! Pick your favorite yoga class and join wherever you are. Do you have a year or monthly unlimited membership with us? Then you have access to all of our livestream classes up until December, as a thankyou for your support!

Use the coupon code in 4 easy steps:

1. Log on or register on our website.

2. [> Click here](#) and place a single livestream class in your shopping cart.
3. Enter the coupon code: DNYSLIVESTREAM at the checkout and get a 100% discount!
4. Go to the [> Schedule](#) and book your favorite livestream class. Roll out your yoga mat and enjoy your home practice!

****To be used once as introduction***

****Please note: de free livestream class can't be purchased through the schedule!***

Where can I find the (online) schedule?

You can find our online schedule [> here](#).

Can I replay online livestream classes?

You cannot replay online livestream classes. The livestream classes can online be attended 'live' at the time of the class in the studio.

What is the difference between De Nieuwe Yogaschool and De Nieuwe Yogaschool Online?

Please note: the regular website of De Nieuwe Yogaschool (www.denieuweyogaschool.nl) & our platform De Nieuwe Yogaschool Online (www.denieuweyogaschoolonline.nl) are separate platforms. That is why you need a unique account for each website. That means that, if you wish to register on both platforms, you need to set up a unique account for each platform.

De Nieuwe Yogaschool

On our regular website www.denieuweyogaschool.nl you can register for an (online) membership and book studio & livestream classes.

De Nieuwe Yogaschool Online:

De Nieuwe Yogaschool online is our educational platform for online workshops and advanced studies. Here you can register for online workshops and studies, free videos and more.

How to practice at home:

As taking livestream classes at home is completely new for some of us, we'd love to give you some tips on how to create a lovely home practice.

Tips

The most important object for your practice is your yoga mat. Pick a spot in your home where you have enough space to roll out your yoga mat and for your asana practice. Some yogi's like to use a whole room for their yoga practice, but often you can find enough space in a cosy corner.

Create a nice atmosphere. Dim the lights, light a candle, pour yourself a nice warm cup of tea and make sure you have a blanket closeby for your meditation. Create a sacred space for your practice. This way, as soon as you step into your personal mini yoga studio, your body and mind will relax because of the warm and inviting atmosphere you've created.

Last but not least: make sure your device is fully charged or plugged in.

Enjoy your practice!