

Getting Started at Roger Cole Yoga

Welcome to Roger Cole Yoga! Here's how to get started practicing with me.

Schedule

I'm currently offering one class per week:

Iyengar Yoga Practice – Mixed Levels
Saturdays, 10:00-11:15 a.m. Pacific time

Registration Options

Single Class	\$25
Livestream* and 1 week access to class video	
Subscription	\$59 per month
Livestream* each week and 2 weeks access to class videos Auto-renews monthly	

*the class will occasionally be pre-recorded

How to Register and Practice

Five simple steps:

[Create an Account](#)

[Buy a Pass](#)

[Reserve a Spot in a Class](#)

Join a Zoom Livestream

Watch a Class Video

See step-by-step details below

Please keep these instructions open in a separate window

Create an Account

Go to rogercoleyoga.punchpass.com

On a computer:

Click the "Create Account" button in the upper-right corner

On a phone:

Click the menu in the upper-right corner

Click the "Create Account" button

Follow the instructions to create your account

Reply to the confirmation email

If you don't see it, check your Spam folder

Buy a Pass

While logged in to your account at

rogercoleyoga.punchpass.com

Click on "Purchase a Pass" near the top of the page (on a computer) or in the menu on the upper right of the screen (on a phone)

To purchase a Single Class

Click on "Single Class"

Click on the "Purchase Pass" button at the bottom of the screen

Follow the instructions to complete the transaction

To purchase a Subscription

Click on "Subscription"

Click on the "Purchase Membership" button at the bottom of the screen

Follow the instructions to complete the transaction

Reserve a Spot in a Class

While logged in to your account at

rogercoleyoga.punchpass.com

Click on the class on the desired date on the Schedule or Calendar page

Click on "Reserve My Spot in Class" at the bottom of the page

You will receive a reservation confirmation email

You may later receive one or more reservation reminder emails

NOTE: When you purchase a Subscription, please reserve your spot for the first available class. After that, the system should automatically reserve your spot each week.

Join a Zoom Livestream

Method 1:

Click on the link in your reservation confirmation or reminder email

or

Method 2:

While logged in to your account at rogercoleyoga.punchpass.com

Click on "My Reservations" near the top of the page (on a computer) or in the menu on the upper right of the screen (on a phone)

Click on the link under "URL to join class"

Watch a Class Video

Each video will become available approximately 1-4 hours after the class ends

While logged in to your account at rogercoleyoga.punchpass.com

Click on "Content Library" near the top of the page (computer) or in the menu on the upper right (phone)

Your available video(s) will appear

Recommended Props

You'll get more out of the classes if you have some or all of these props:

4-6 yoga blankets

1 yoga mat

2 yoga blocks

1 yoga belt

1 sturdy chair (preferably a backless yoga chair)

a blank wall

an eye cover such as a towel, scarf or mask

Optional App

You can always access your account from any

browser by visiting rogercoleyoga.punchpass.com

For convenience, you also have the option of **installing the Punchpass progressive web app on your phone or tablet**. To find out how, visit <https://rogercoleyoga.punchpass.com/app>

Questions?

Email me at info@rogercoleyoga.com

Enjoy your practice! ~Roger