

To Subscribe to Thursday's 10:30 QiFLOW qigong class, click below:

<https://www.viasession.com/lisadecker>

TO SIGN UP AND JOIN:

- Scroll to the bottom of the page you will see the "Join Now" button for QiFLOW.
- Create an account and enter your credit card information.
- Use the redemption code **"2weeksfree"** to get 50% off your first month – press "apply" – then press "place order"
- You can cancel your subscription at any time by just clicking "Account" – "Subscriptions" – "Qiflow" – "Cancel Subscription"
- Once you are logged in, in the top right corner, you can access your account and add a profile picture
- Be sure to use the chat button if you ever need assistance using the program.

HOME PAGE

- Go to www.viasession.com/lisadecker and be sure you are logged in (log in button on top right)
- You will either be directed to the home page or a page where you need to click on **"Your Host"** after you log in.
- On the main home page, you will see a bar along the top with links to the "Calendar" of future classes and "Videos" of previous classes.
- To access previously recorded classes, you must have a current subscription.
 - With a current subscription, click on "Videos".
 - This page will consist of recordings of the most recent classes as well as some previous classes and select videos.

BOOKING A CLASS & ZOOM LINKS

- Once you have subscribed, you will need to go online to book individual classes.
- Just [sign in](#), and if necessary, click on “Your Host” to get to the home page.
- Click “Book” under the upcoming class you are interested in.
- You will be sent an email with a Zoom link specific to that class.
- Click on that Zoom link on the day/time of the class for live access.
- If you are unable to make the class live, a recording will be available under “Videos”
- You will receive an email after class to write a review.

OTHER CLASSES

- In the future, on the home page you may also find access to other classes, workshops and memberships “Aligned Fitness” offers.
- You can always access the site and instructions at any time by going to <https://alignedfit.com/qi-gong/>

Feel free to contact Lisa Decker at (408)-691-2829 or lisabethdecker@gmail.com if you have any questions.