

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

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

Membership is \$38/month. Your first class is free. Drop in classes are \$38.

TO SIGN UP AND JOIN:

- Press "Sign Up" and create an account
- Enter your credit card information.
- Use the redemption code **"2weeksfree"** to get 50% off your first month – press "apply" – "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.

TO USE THE PROGRAM:

- Go to www.viasession.com/lisadecker and be sure you are logged in (log in button on top right)
- On the main home page, scroll down and you will see a "book" button in red to book live 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.

BOOKING A CLASS & ZOOM LINKS

- Once you have subscribed, you will need to go online to book individual classes.
- Just [sign in](#), and go to the home page.
- Scroll down, and click "Book" under the upcoming class you are interested in. I recommend booking multiple classes so you will receive an email recording even if you can't make it live.

- Once you book a class, 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.” If you book a class and are unable to make it live, you will receive an email with the recording.
- You will also receive an email after class to write a review. Once you write a review you will no longer receive these emails.
- You should see a small chat icon in the bottom right corner. If you are experiencing technical difficulties, click on the chat icon and explain the issue you are having. Ed from Via Session is extremely responsive and will usually get back to you within a few minutes to provide any assistance you might need.

Feel free to contact Lisa Decker at (408)-691-2829 or lisabethdecker@gmail.com if you have any questions. To find out more about other services I offer check out my website at www.alignedfit.com.