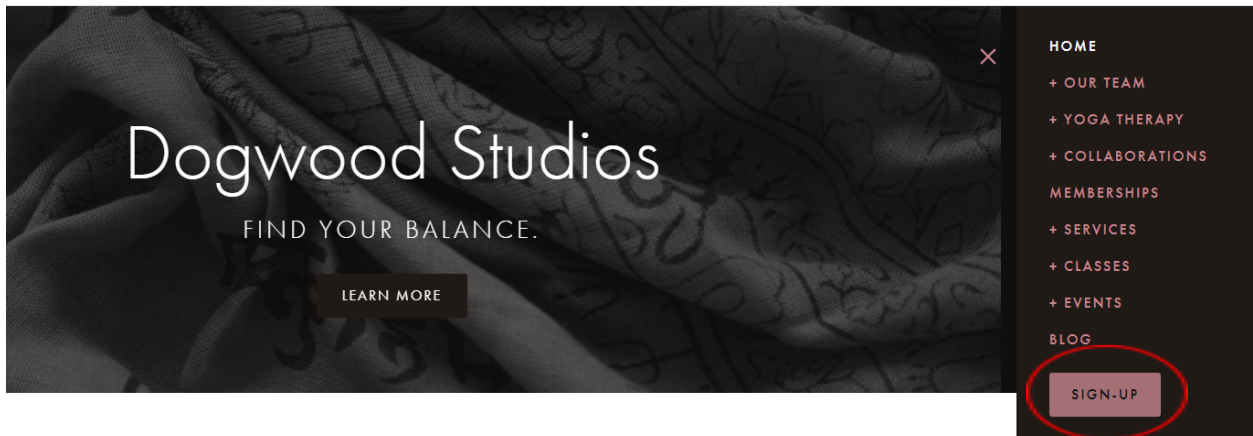


Signing Up for a Class with Momence

1. From Dogwood Studio's Website, you can use the menu to click on the pink button for SIGN-UP



2. It will take you to <https://dogwoodstudioyoga.com/class-signup>



Sign-up for a Group Yoga Class Live Online or In Person

- Click on the class you want to sign up for.
- Sign into Ribbon if you have a package or a subscription by clicking on 'Sign In' on the upper right hand corner.
- After you sign into Ribbon, click 'Book Class'.
- New to Ribbon? Create an account at checkout.

3. Scroll down to the calendar and click a class you want to take.

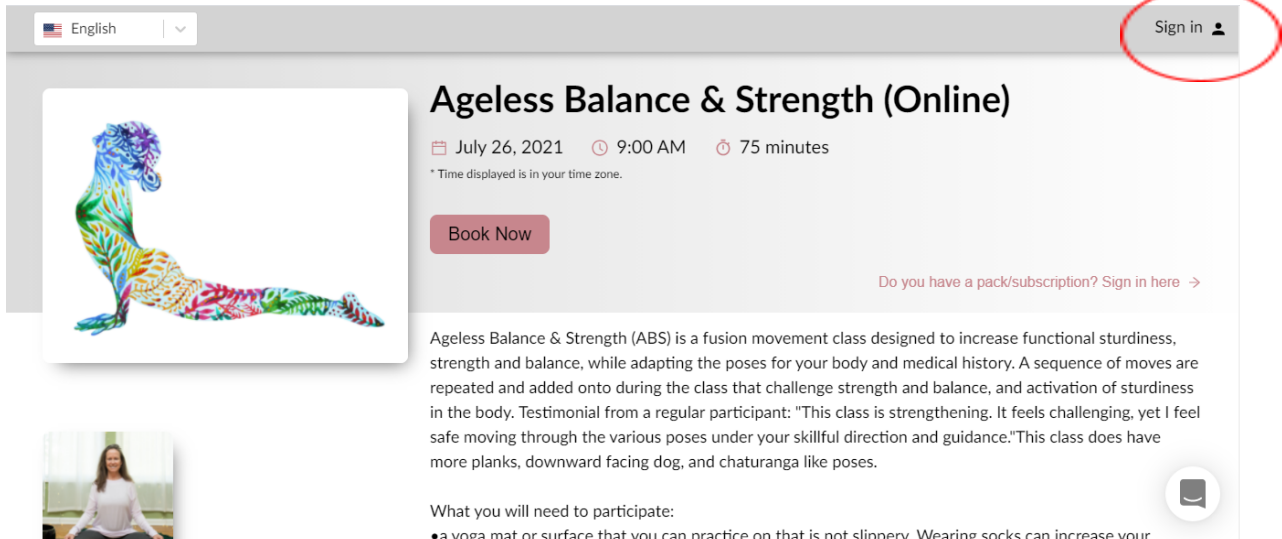
← → August, 2021

Filter by event Filter by type Filter by location Filter by teacher

Mo	Tu	We	Th	Fr	Sa	Su
26 9:00 AM - 10:15 AM Ageless Balance & Strength (Online) Sam & Aviva Team	27 6:30 PM - 7:45 PM Therapeutic Yin Yoga and Meditation (Online) - SUB Leesann Shefa	28 10:00 AM - 11:30 AM Mindful Movement and Yoga (In-Person)- TEAM Sam & Aviva 2:00 PM - 3:15 PM Joint Freeing Yoga (Online) Sam Sather	29 9:00 AM - 10:15 AM Ageless Balance & Strength (Online) - SUB Whitney Wilkerson 6:30 PM - 7:45 PM Restorative Yin and Yoga Nidra (Online) Leesann Shefa	30 11:00 AM - 12:15 PM Mindful Movement and Yoga (Online) - SUB Whitney Wilkerson 12:30 PM - 1:30 PM Chakra Meditation (Online) Sam Sather	31	1

4. If you don't plan on using a subscription or a class package to purchase the class, enter your contact information under Secure Your Spot. After you have entered all of the information and checked the waiver box, you have signed up the class. Your first time you do this, Ribbon will create an account for you and will email you the log-in information.

5. To use a subscription or a class package to purchase the class, click sign in on the upper right hand corner.



English

Sign in

Ageless Balance & Strength (Online)

July 26, 2021 9:00 AM 75 minutes

* Time displayed is in your time zone.

Book Now

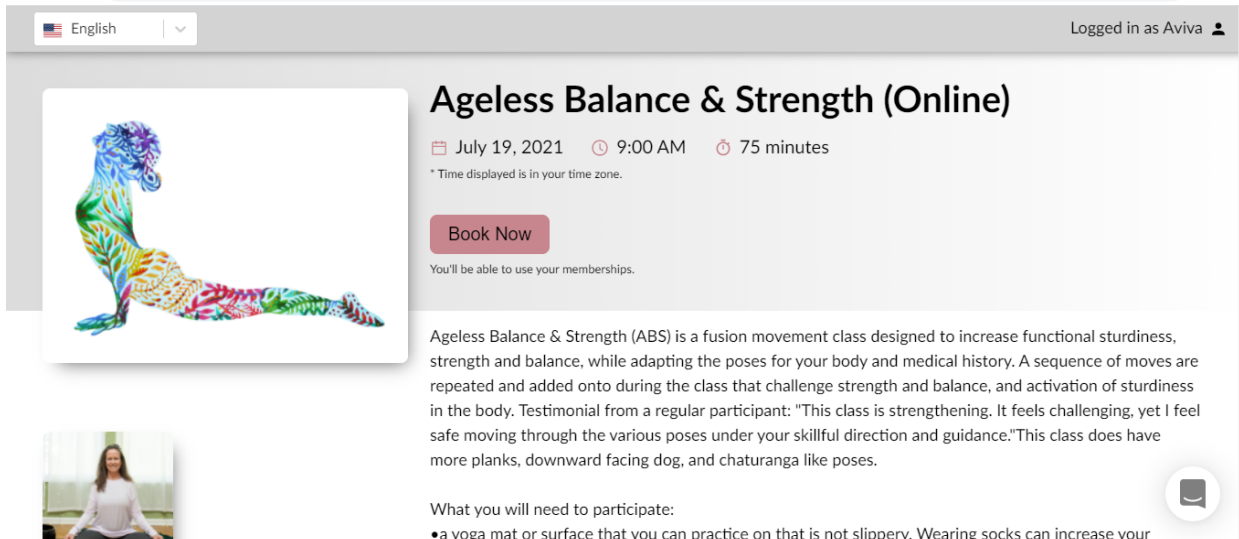
Do you have a pack/subscription? Sign in here ->

Ageless Balance & Strength (ABS) is a fusion movement class designed to increase functional sturdiness, strength and balance, while adapting the poses for your body and medical history. A sequence of moves are repeated and added onto during the class that challenge strength and balance, and activation of sturdiness in the body. Testimonial from a regular participant: "This class is strengthening. It feels challenging, yet I feel safe moving through the various poses under your skillful direction and guidance." This class does have more planks, downward facing dog, and chaturanga like poses.

What you will need to participate:

- a yoga mat or surface that you can practice on that is not slippery. Wearing socks can increase your

6. Use the log in information that Ribbon emailed you to sign into your account. Once you are logged in, you will see your name where the Sign In used to be.



English

Logged in as Aviva

Ageless Balance & Strength (Online)

July 19, 2021 9:00 AM 75 minutes

* Time displayed is in your time zone.

Book Now

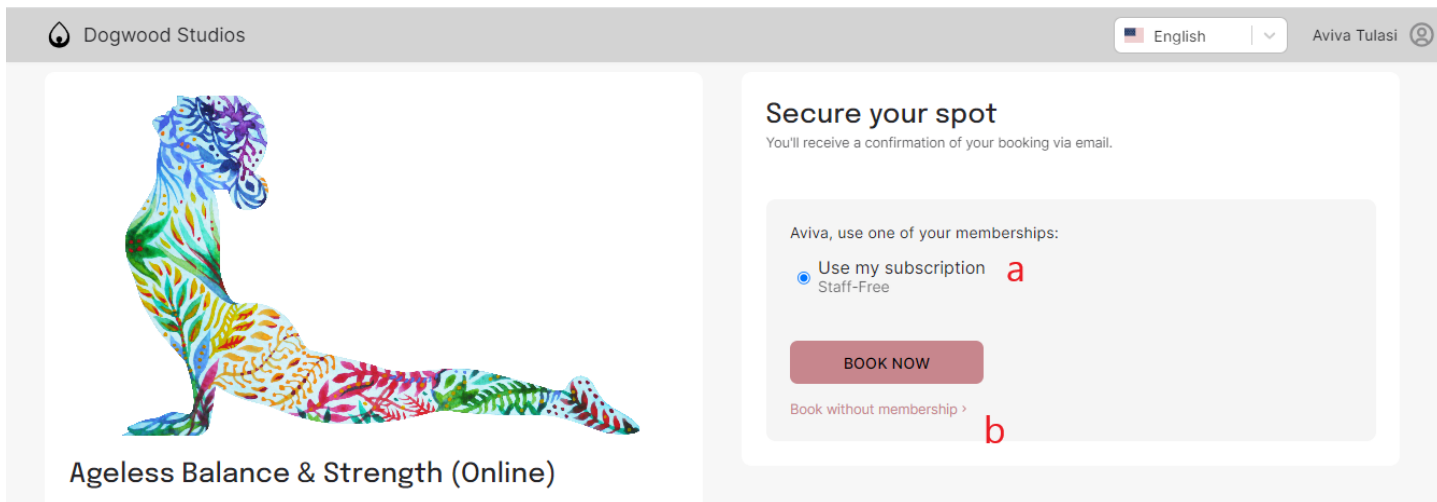
You'll be able to use your memberships.

Ageless Balance & Strength (ABS) is a fusion movement class designed to increase functional sturdiness, strength and balance, while adapting the poses for your body and medical history. A sequence of moves are repeated and added onto during the class that challenge strength and balance, and activation of sturdiness in the body. Testimonial from a regular participant: "This class is strengthening. It feels challenging, yet I feel safe moving through the various poses under your skillful direction and guidance." This class does have more planks, downward facing dog, and chaturanga like poses.

What you will need to participate:

- a yoga mat or surface that you can practice on that is not slippery. Wearing socks can increase your

7. Click on Book Now.
8. Click on the option that you want to use to pay for the class: your applicable subscription or or class package (a) pay for the single session (b).



Dogwood Studios

English

Aviva Tulasi

Secure your spot

You'll receive a confirmation of your booking via email.

Aviva, use one of your memberships:

- Use my subscription **a**
Staff-Free

BOOK NOW

Book without membership > **b**

Ageless Balance & Strength (Online)

9. The screen will immediately change to say that you have been booked and you will get an email

The screenshot shows a user interface for an event. At the top left, there is a language dropdown set to 'English'. At the top right, it says 'Logged in as Aviva' with a user profile icon. The main heading is 'Joint Freeing Yoga (Online) - SUB'. Below the heading, the event details are: 'July 28, 2021', '2:00 PM', and '75 minutes'. A note below says '* Time displayed is in your time zone.' The main content area says 'Booked!' and 'A confirmation email has been sent to acstudnitz@yahoo.com. Welcome! See your dashboard by logging in at <https://withribbon.com/login>'. There are two buttons: 'Go to Event' and 'Book more'. Below these is an 'Add to calendar' button with a calendar icon. Further down, it says 'Invite a friend to this event' with an input field containing 'friend@email.com' and a 'Send invite' button. A chat icon is visible in the bottom right corner.

10. Momenze will email you the Zoom link for the class an hour before the class starts for Online Classes you have signed up for.
11. You will need to sign up for each occurrence of a class individually. Use your browser's back arrow twice to get to Dogwood's class sign up page (repeat steps 3-8).
12. You can check all of your classes you have signed up for in your Momenze dashboard. You can get to your dashboard from our website or click on your name in the upper right hand corner. In the middle of the page under upcoming events you will see everything you have signed up for.

The screenshot shows a user interface for an event. At the top left, there is a language dropdown set to 'English'. At the top right, it says 'Logged in as Aviva' with a user profile icon, which is circled in red. The main heading is 'Restorative Yin and Yoga Nidra (Online)'. Below the heading, the event details are: 'July 29, 2021', '6:30 PM', and '75 minutes'. A note below says '* Time displayed is in your time zone.' There is a 'Book Now' button. Below the button, it says 'You'll be able to use your membership.' The main content area says 'Join for a restorative and regenerative exploration of Yin Yoga and Yoga Nidra. This is a wonderfully nourishing way to end the day and week. Contemplative Yin Yoga paired with the deeply restorative practice of Yoga Nidra.' There is a small image of a person in a yoga pose. Below the image, it says 'What to have available for the class: •mat, bolster(s), blocks, blanket(s), and eye pillow. •device with a good internet connection (e.g., laptop, iPad). Level: Most levels. Suitable for ages 16 and older, no prior experience necessary. You will be on the ground for most of the'.