

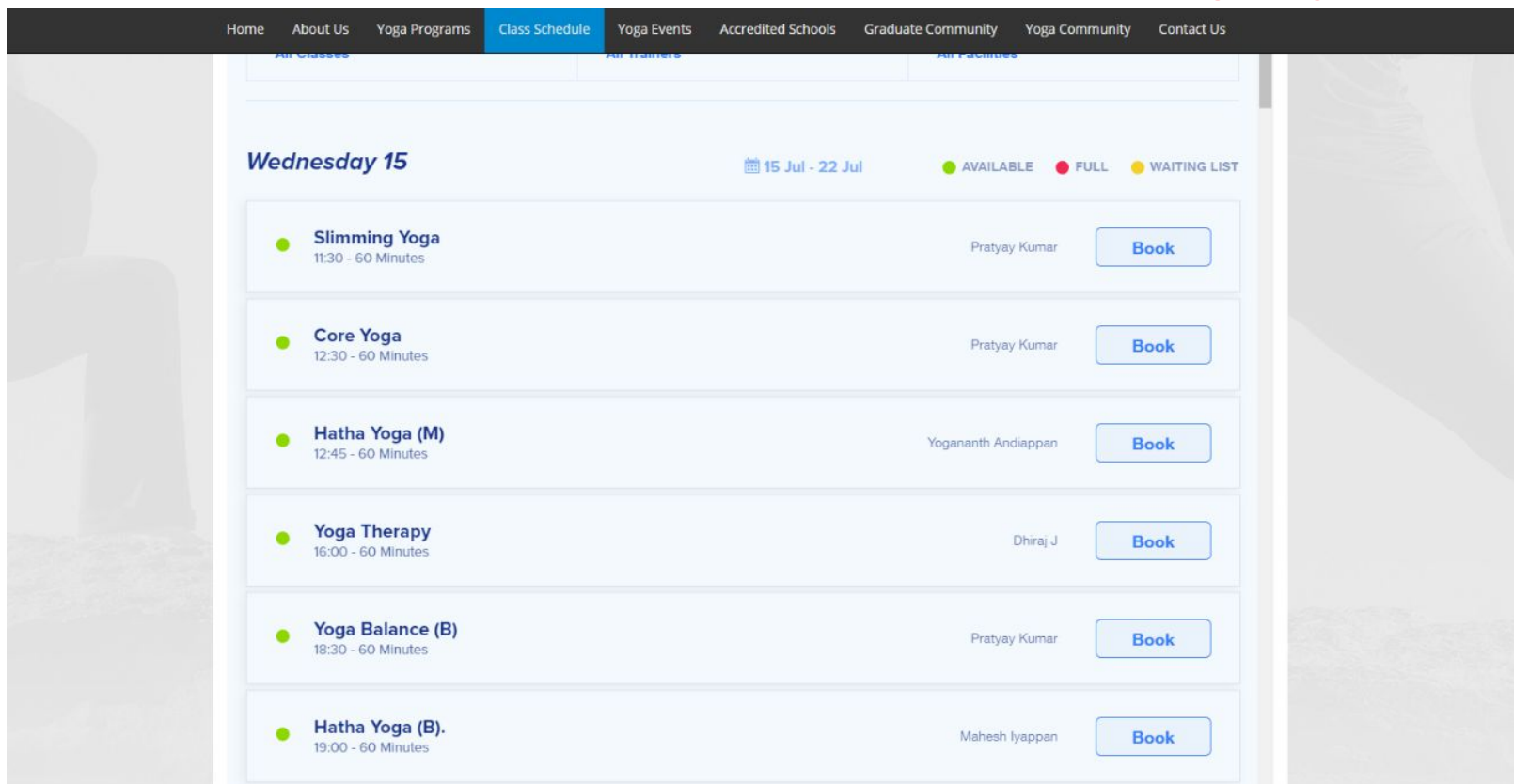
## Dear Guest

We thank you for your interest in our online yoga classes.

To avail a Free Online Trial please send a **WhatsApp us on +91 6369 780 409** . Our Staff will set up the free trial account and input 1 free credit into your account and send you the login details confirming the free trial class. Upon receiving the trial class confirmation please follow the steps below.

To view the online class schedule please visit this page <https://iya-asia.com/class-schedule/>

**Please note that the schedule for all the classes is in GMT + 8 (Hong Kong Time).**



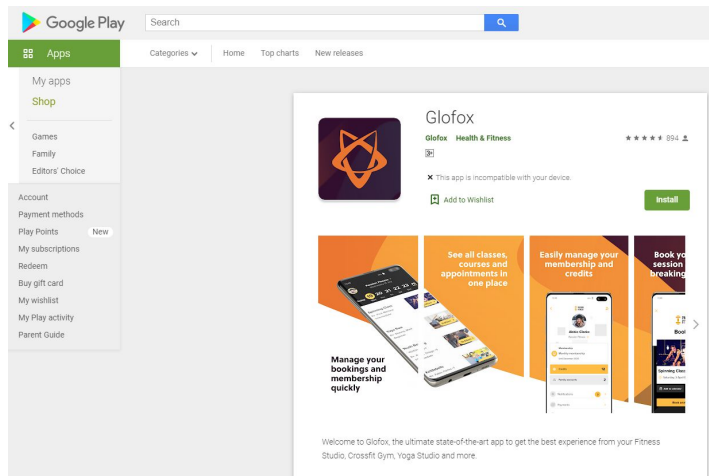
The screenshot shows the 'Class Schedule' page for Wednesday, 15th July. The page features a navigation bar with links for Home, About Us, Yoga Programs, Class Schedule (active), Yoga Events, Accredited Schools, Graduate Community, Yoga Community, and Contact Us. Below the navigation bar, there are three tabs: 'All Classes', 'All Trainers', and 'All Facilities'. The main content area displays a list of classes for Wednesday 15th July, with a date range of 15 Jul - 22 Jul. A legend indicates that green dots represent 'AVAILABLE' classes, red dots represent 'FULL' classes, and yellow dots represent 'WAITING LIST' classes. The classes listed are:

Class Name	Time	Duration	Instructor	Status	Action
Slimming Yoga	11:30	60 Minutes	Pratyay Kumar	AVAILABLE	Book
Core Yoga	12:30	60 Minutes	Pratyay Kumar	AVAILABLE	Book
Hatha Yoga (M)	12:45	60 Minutes	Yogananth Andiappan	AVAILABLE	Book
Yoga Therapy	16:00	60 Minutes	Dhiraj J	AVAILABLE	Book
Yoga Balance (B)	18:30	60 Minutes	Pratyay Kumar	AVAILABLE	Book
Hatha Yoga (B)	19:00	60 Minutes	Maresh Iyappan	AVAILABLE	Book

## To book the Classes through your smartphone please follow the steps below

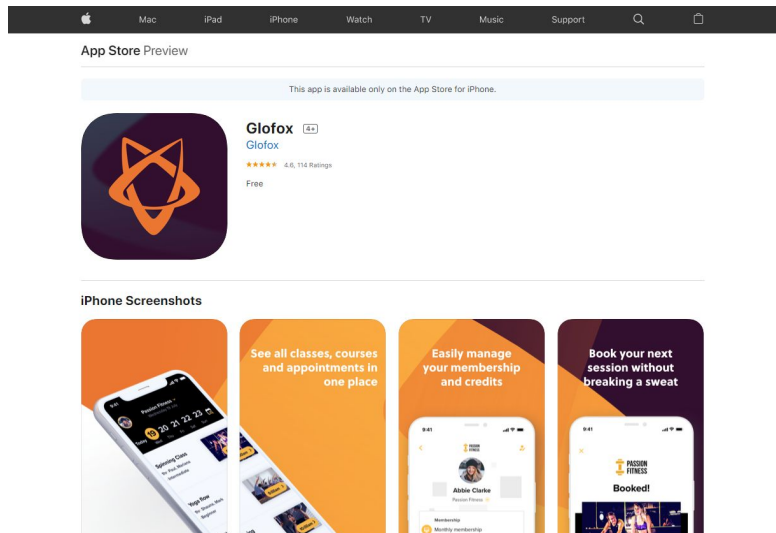
Download Glofox App in Google Play here

[https://play.google.com/store/apps/details?id=ie.zappy.fennec.oneapp\\_glofox&hl=en](https://play.google.com/store/apps/details?id=ie.zappy.fennec.oneapp_glofox&hl=en)

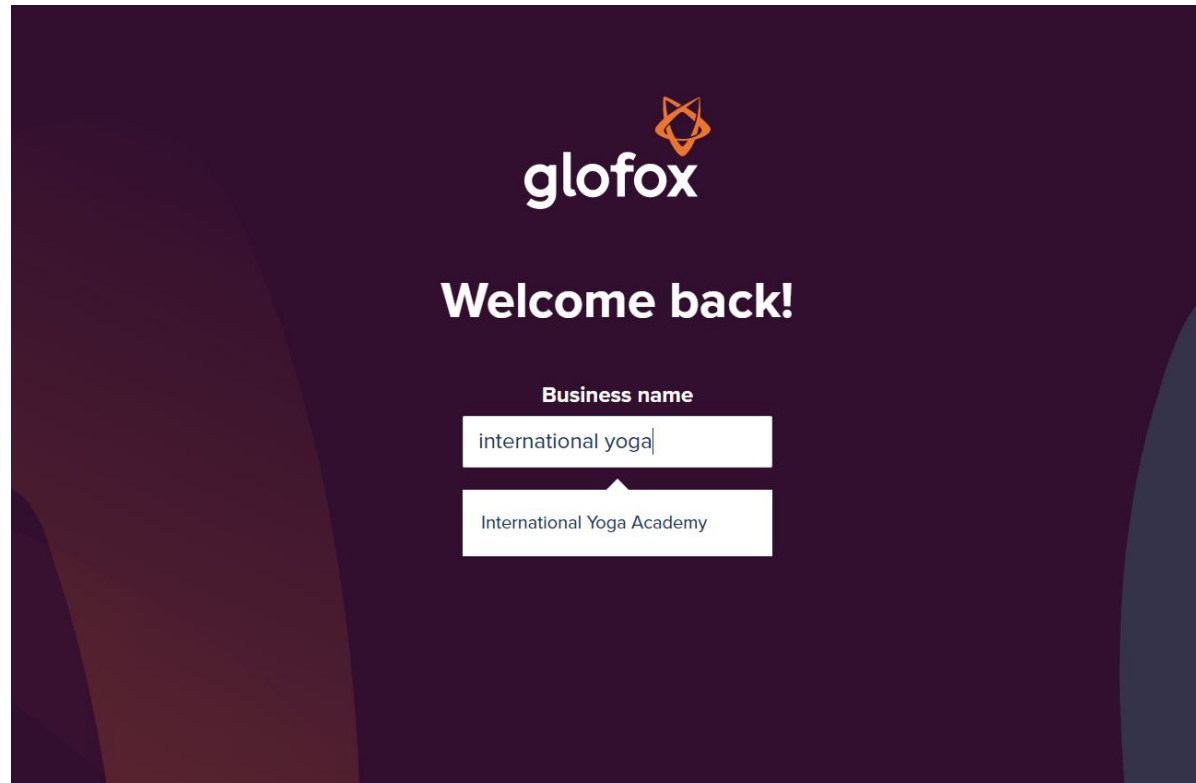


Apple Appstore here

<https://apps.apple.com/us/app/glofox/id916224471>



Open the app and find Business Name: **International Yoga Academy**



Enter the Login details given below and you can view the class credits on the membership page. **(Please note your account must be created and activated by the staff first before you use the below login)**

You can view the schedule and book any one of the above classes.

**User Name: Your Email Address**

**Password: andiappan@123**

# Log in

Email address

your email address

Password

andiappan@123

[Sign in](#)

[Forgot password](#)

International Yoga Academy Limited  
[Change Business](#)

**If the above login does not work please WhatsApp +852 9299 0752**

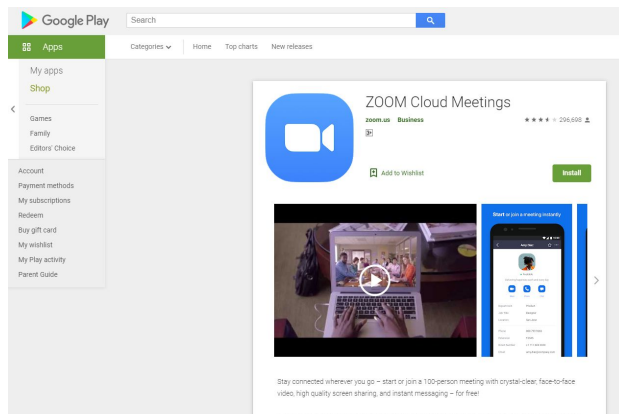
## How to attend the class online.

Your class credit will be deducted once the booking is made and confirmed booking must be cancelled 3 hrs in advance. Credits will not be reversed for late cancellation. After you have booked the class, you will receive the email with the class link. It will be sent from International Yoga Academy limited.

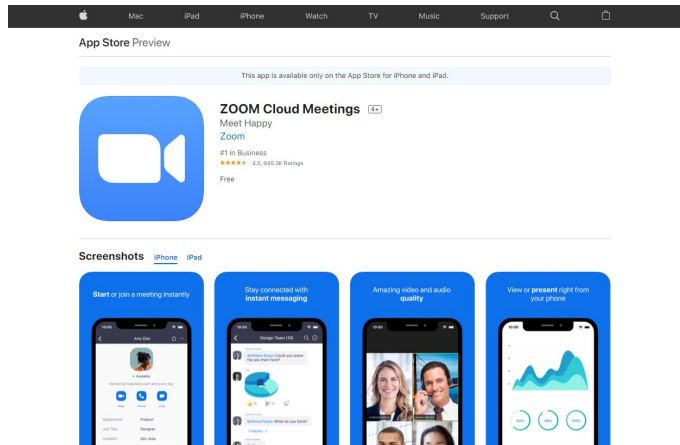
## How to attend the class through the ZOOM.

Please Download the ZOOM app on your phone or your tablet.

<https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en>



<https://apps.apple.com/us/app/zoom-cloud-meetings/id546505307>



If you purchase the online class package with [Andiappan yoga website](#) you can only book and attend the classes timings listed below.

**India Time Morning : 6.30 am - 7.30 am & 7.30 am - 8.30 am**

**Hong Kong Time Morning : 9.00 am - 10.00 am and 10 am - 11 am.**

**India Time Evening: 4.30 pm - 5.30 pm & 5.30 - 6.30 pm.**

**Hong Kong Time Evening : 7.00 pm - 8.00 pm & 8.00 pm - 9.00 pm**

Please open the class email link that will take you to the ZOOM app to attend the class.

Please wait for the teacher to admit you into the class when the class begins.

**If you encounter any technical issues during the online session, please text our WhatsApp number at +852 9299 0752 and kindly wait for a response.**

If you are unable to attend, please cancel the class on time as a courtesy to others.

We hope you will enjoy learning yoga from our professional yoga masters.

Regards

International Yoga Academy

[www.iya-asia.com](http://www.iya-asia.com)

Ph: +852 2905 1822

info@iya-asia.com

**Online Class Provider for**

Anahata Yoga, Hong Kong [www.anahatayoga.com.hk](http://www.anahatayoga.com.hk)

Andiappan Yoga India [www.andiappanyoga.com](http://www.andiappanyoga.com)