

30<sup>th</sup> March 2020

Hello

## Yoga Tonic UK

To support you whilst working + studying at home we have started the following initiative with YogaTonic UK, who were supporting us for our wellbeing week, before it was cancelled. We really hope that the two weeks free access is useful for you and your family. There is no join-up fee required, and after the two weeks has ended subscription is £10 per month for RGS community, which is really outstanding value.

From Monday 30<sup>th</sup> March you have 14 days free access to new live streamed and recorded classes provided by YogaTonic UK.

### Live streamed classes

By registering on the YogaTonic UK site you can join any of the following live streaming classes throughout the week.

- 11 x yoga classes live streamed through the week including
- 2 x HIIT classes
- 2 x kids yoga

### Recorded classes

- More classes are being added each week ranging between 30-60 minutes
- Watch any of the classes whenever fits into your schedule
- You will also have access to 27 different classes, some are branded as SkiFit, but are designed to strengthen your lower back, legs and core. Even if you have never skied, these are great classes. The 6 week SkiFit programme is designed with beginners in mind.

### To access YogaTonic UK live streaming / recorded classes

1. Click on link <https://www.yogatonicuk.com/live-online-yoga-rgs/> to view benefits and sign up
2. Register using your email / create password (Allow browser to save password)
3. You will be taken into My YogaTonic page, where you can watch any videos
4. Bookmark this page for quick access
5. After the 14 day free access you are welcome to continue the subscription at only £10 per month per email address

The sign in page is here (if you didn't bookmark): <https://www.yogatonicuk.com/login/>

If you have any questions please don't hesitate to contact Tim @ [yogatonicuk@gmail.com](mailto:yogatonicuk@gmail.com)

Best, healthiest wishes

Andrew Zair