

How To Use Golden Age Yoga's New Website

2021



A Message from Founder, L'Aura Reneau

For those of you who have been practicing with me prior to the creation of this new website you have my deepest gratitude! It is because of your consistent practice and support that I have been moved to expand, with the hope of bringing more like-hearted people into our commUnity and growing my ability to reach more who resonate with our Golden Age Yoga practice. And for those of you just joining our kind-hearted Sangha, I welcome you wholeheartedly!

In these days of online marketing, having a website is much like opening a brick and mortar store, just on the World Wide Web. In order to reach one's commUnity one has to have a presence. And now, I'm so very happy to be sharing this with each of you.

This informational PDF is simply an attempt to guide you through the very simple process of subscribing to your choice of practices as well as bringing ease to your ability to join all zoom classes with just a click or two. I sincerely want this to be easy for you! If you have any questions or issues please reach out to me, I absolutely will do my utmost to be of service.

I thank you so much!

*From my heart to yours,
Namaste,
L'Aura*



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Becoming a Site Member



Becoming a Site Member

Why would I want to become a site member?

When you become a site member on Golden Age Yoga's website, you will be able to purchase, manage or cancel your Monthly Membership, comment on L'Aura's blog posts and view Monthly Class access links & passwords.

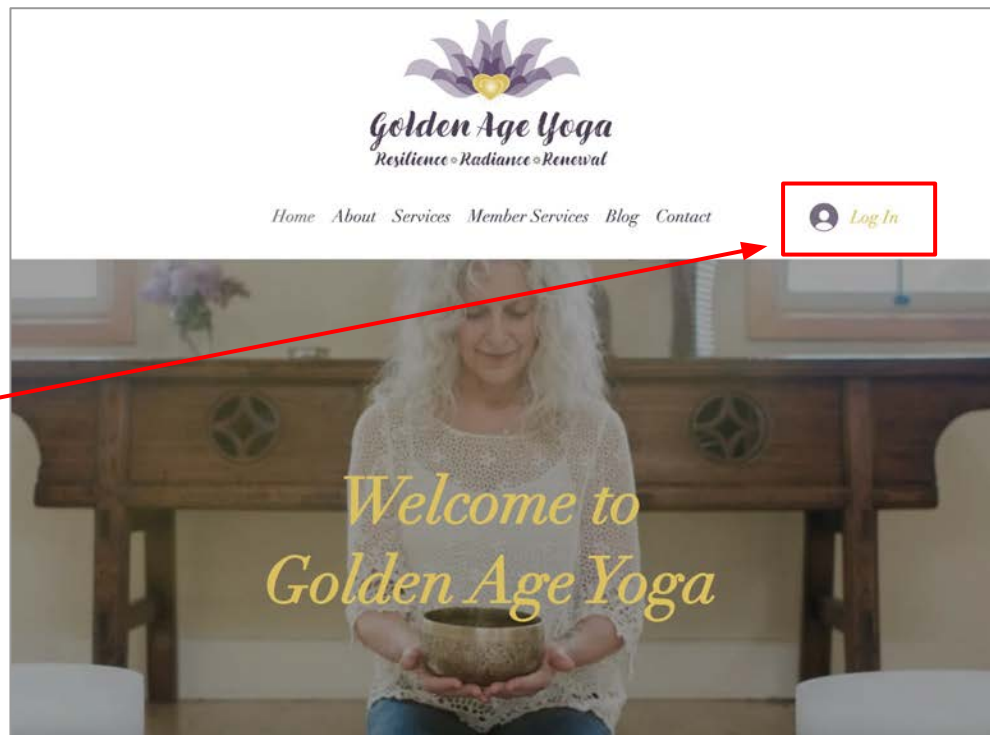
Is being a site member the same thing as purchasing a Monthly Membership?

It is not. When you become a site member, this does not mean that you have purchased a Monthly Membership. It simply means you have signed up to have an account on the website. For instructions on how to purchase a monthly membership, see the ["Purchasing a Monthly Membership"](#) Section.

How to Sign Up to Be A Site Member

Step 1: go to www.goldenageyoga.us

Step 2: click the “Log In” Button on the right hand side of the site header (see red box on the image to the right).



How to Sign Up to Be A Site Member

Step 3: Once you click the “Log In” button, this “Sign Up” page will show up to prompt you to create an account. Please fill out this Sign Up Form with your information and click “Sign Up” when done.

**NOTE: if you already have an account on our site, you can simply go to the bottom to the section that says “Already signed up? Log In”.*



Sign Up

Test

Account

testaccount2024@gmail...

9095440225

.....

☒ *I agree to the terms & conditions*

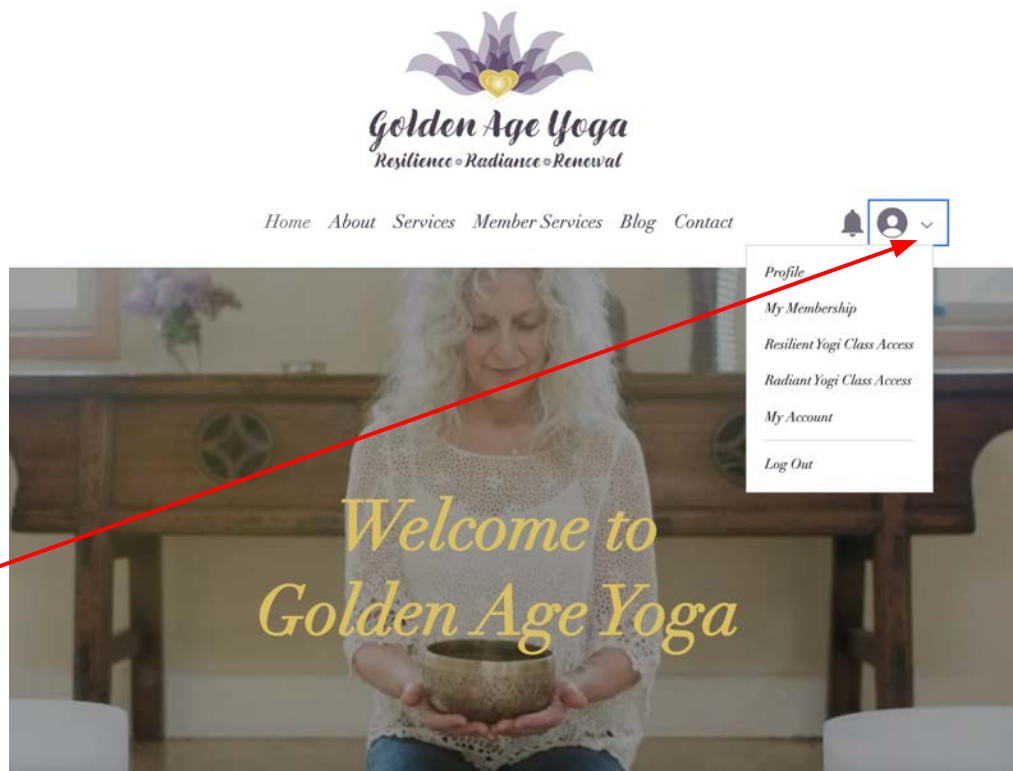
Sign Up

Already Signed Up? [Log In](#)

How to Sign Up to Be A Site Member

Step 4: Once you click the Sign Up, button, you will be redirected back to the Home Page of the site. You should now see that the “Log In” button on the right, should be replaced with your profile icon.

To view the Site Member menu, click on the downward arrow next to your profile icon.



Purchasing a Monthly Membership



Purchasing a Monthly Membership

What is a Monthly Membership for?

Monthly Memberships allow you to gain access to Golden Age Yoga Classes and more.

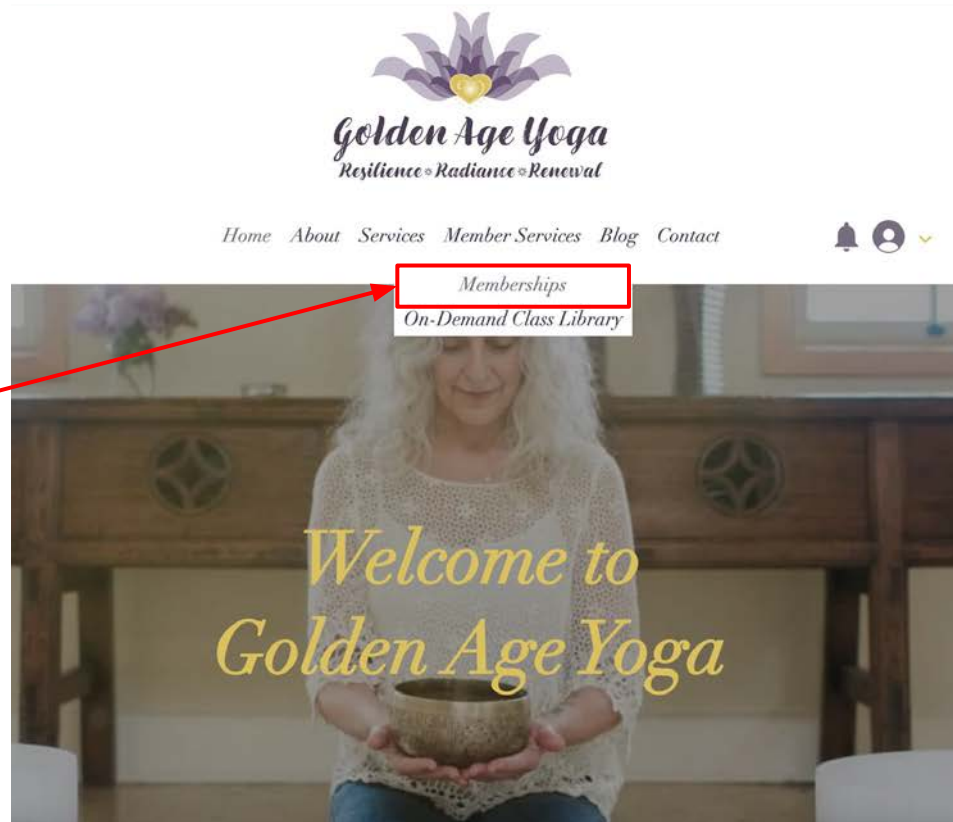
I have additional questions about memberships, where can I get answers?

You can review Frequently Asked Questions at the bottom of the Membership page. If your question still isn't answered, feel free to email L'Aura at info.goldenageyoga@gmail.com

How to Purchase a Monthly Membership

Step 1: go to www.goldenageyoga.us

Step 2: hover over the “Member Services” tab on the site menu and click on “Memberships”.

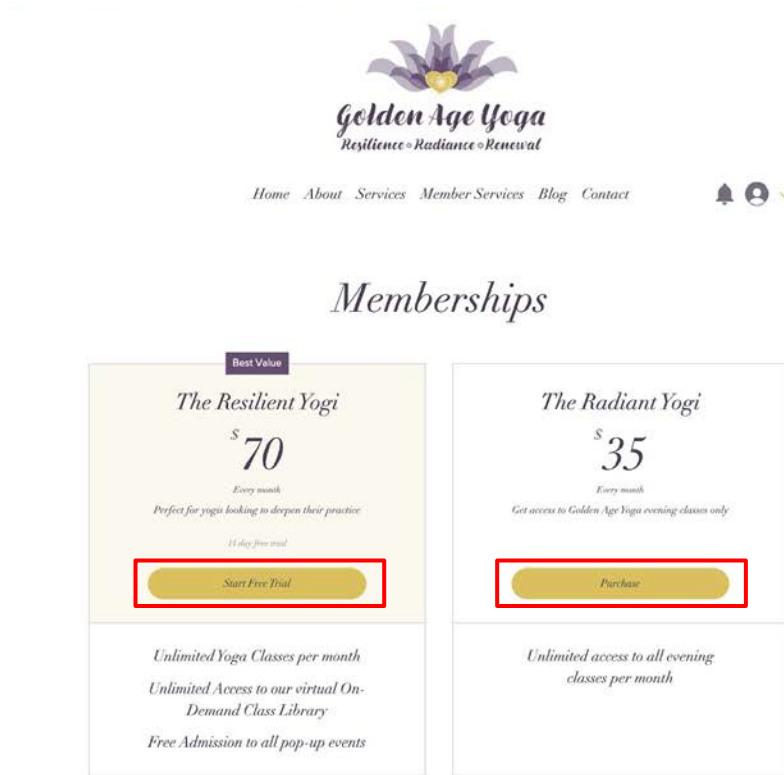


How to Purchase a Monthly Membership

Step 3: Once you are at the Memberships page, you can select from one of two options: *The Resilient Yogi* & *The Radiant Yogi*.

To purchase either membership, simply click either “Start free trial” for *The Resilient Yogi* Membership or click “Purchase” for the *Radiant Yogi* Membership.

Need clarification on what each Membership provides? See next slide.



Memberships will auto-renew each month until cancelled by the membership holder

Monthly Membership Benefits

The Resilient Yogi Membership

Cost: \$70/month

What you get:

- *Unlimited access to any live online Golden Age Yoga Class.*
- *Free and unlimited access to any Golden Age Yoga Pop-Up Class*
- *Free and unlimited access to Golden Age Yoga's on-demand class library (every Golden Age Yoga class is recorded and will be posted on our website for members to continue their yoga practice on their own time.*

Note: The Resilient Yogi Membership does automatically come with a FREE 14-day Trial.

The Radiant Yogi Membership

Cost: \$35/month

What you get:

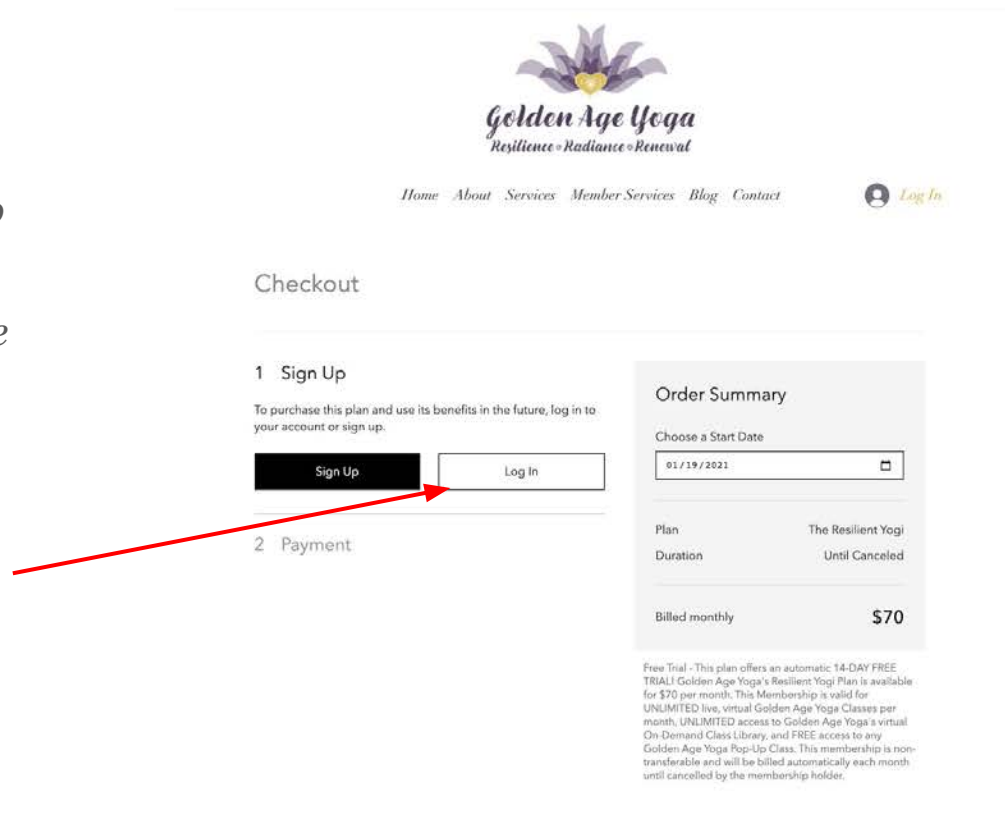
- *Unlimited access to Golden Age Yoga's live online evening classes only per month (this includes Nidra Nights ~ Yoga Nidra class and Relax & Renew ~ Restorative Yoga Class).*

How to Purchase a Monthly Membership

Step 4: Once you select which Membership is best for you, you will be taken to the checkout page. Here you will be prompted to either sign up or log in to your site account.

Note: if you have not already signed up to be a website member, please refer to the [“Becoming a Site Member”](#) section.

If you have already signed up to be a site member, please click “Log In” and key in your credentials.



Golden Age Yoga
Resilience • Radiance • Renewal

Home About Services Member Services Blog Contact

Log In

Checkout

1 Sign Up

To purchase this plan and use its benefits in the future, log in to your account or sign up.

Sign UpLog In

2 Payment

Order Summary

Choose a Start Date

01 / 19 / 2021

| | |
|----------|--------------------|
| Plan | The Resilient Yogi |
| Duration | Until Canceled |

Billed monthly **\$70**

Free Trial - This plan offers an automatic 14-DAY FREE TRIAL! Golden Age Yoga's Resilient Yogi Plan is available for \$70 per month. This Membership is valid for UNLIMITED live, virtual Golden Age Yoga Classes per month, UNLIMITED access to Golden Age Yoga's virtual On-Demand Class Library, and FREE access to any Golden Age Yoga Pop-Up Class. This membership is non-transferable and will be billed automatically each month until cancelled by the membership holder.

How to Purchase a Monthly Membership

Step 5: After you have signed up or logged in, you will be prompted to key in your payment.

The new site offers 3 ways to pay: Credit Card, Debit Card or PayPal.

To pay with a Credit/Debit Card, simply key in your card info here.

To purchase with PayPal, click this option and you will be redirected to PayPal to complete your purchase.




Checkout

✓ Sign Up [Log out](#)

Signed in as testaccount2024@gmail.com

2 Payment

☒ Credit/Debit Cards  and more...

Your payment is secure.

* Card Number

Enter Card Number


* Expiration Date

MM / YY

* Security Code (CVV)

XXX

* Card Holder Name

☐ PayPal 

Order Summary

Choose a Start Date

01/19/2021

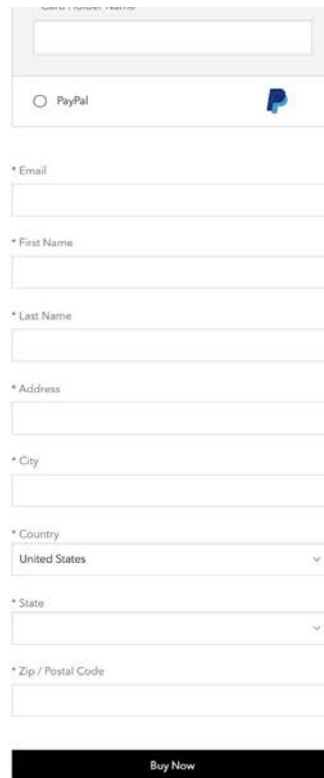
| | |
|----------------|--------------------|
| Plan | The Resilient Yogi |
| Duration | Until Canceled |
| Free Trial | 14 days |
| Billed monthly | \$70 |

Free Trial - This plan offers an automatic 14 DAY FREE TRIAL! Golden Age Yoga's Resilient Yogi Plan is available for \$70 per month. This Membership is valid for UNLIMITED live, virtual Golden Age Yoga Classes per month, UNLIMITED access to Golden Age Yoga's virtual On-Demand Class Library, and FREE access to any Golden Age Yoga Pop-Up Class. This membership is non-transferable and will be billed automatically each month until cancelled by the membership holder.


How to Purchase a Monthly Membership

Step 6: Once you have included your payment information, please complete the rest of the form with your information.

DO NOT CLICK BUY NOW JUST YET!
See Step 7.



Screen image: paypal.com. This membership is non-transferable and will be billed automatically each month until cancelled by the membership holder.

☐ PayPal 


* Email


* First Name

* Last Name

* Address

* City

* Country
United States 

* State
 

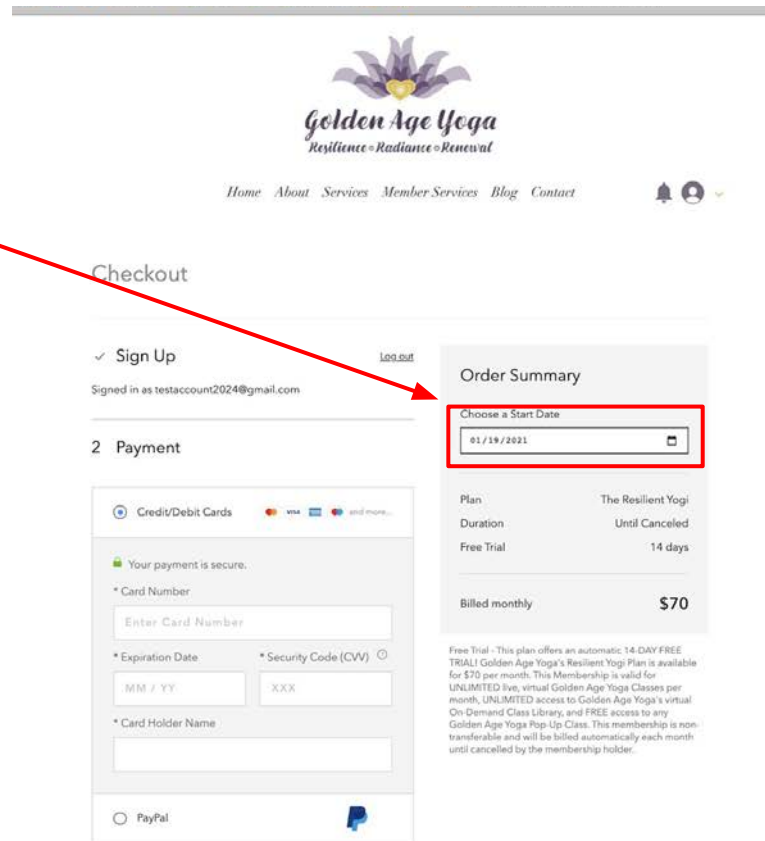
* Zip / Postal Code

Buy Now

How to Purchase a Monthly Membership

Step 7: Lastly, please choose the date that you would like to start your membership here.

If you would like to start the Membership immediately, do not change the start date as it is now. If you would like to start your Membership next month, a week from now, etc. Select the date accordingly.



The screenshot shows the checkout process for Golden Age Yoga. At the top is the logo with a purple flower and the text "Golden Age Yoga Resilience • Radiance • Renewal". Below the logo are navigation links: Home, About, Services, Member Services, Blog, and Contact. There are also icons for a bell and a user profile. The main heading is "Checkout". Below it, there's a "Sign Up" button and a "Log out" link. The user is signed in as "testaccount2024@gmail.com". The "2 Payment" section shows "Credit/Debit Cards" as the selected method, with a note "Your payment is secure." and fields for Card Number, Expiration Date, Security Code (CVV), and Card Holder Name. There's also a "PayPal" option. On the right, the "Order Summary" is displayed, showing the Plan as "The Resilient Yogi", Duration as "Until Canceled", Free Trial as "14 days", and Billed monthly as "\$70". A red box highlights the "Choose a Start Date" field, which currently shows "01/19/2021". A red arrow points from the text in the first block to this field. Below the order summary, there is a detailed note about the Free Trial and the membership plan.


Golden Age Yoga
Resilience • Radiance • Renewal

Home About Services Member Services Blog Contact

Checkout


✓ Sign Up Log out
Signed in as testaccount2024@gmail.com

2 Payment


Credit/Debit Cards  and more...

Your payment is secure.


* Card Number
Enter Card Number

* Expiration Date * Security Code (CVV) 
MM / YY XXX

* Card Holder Name
Enter Card Holder Name

PayPal 

Order Summary

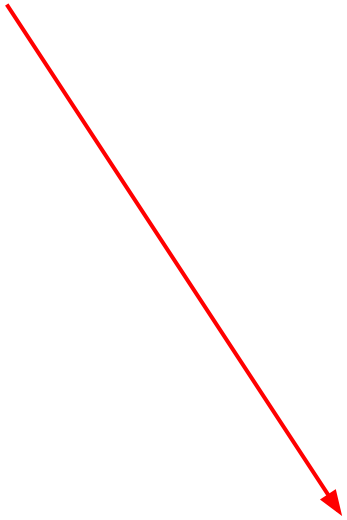
Choose a Start Date
01/19/2021 

Plan The Resilient Yogi
Duration Until Canceled
Free Trial 14 days
Billed monthly \$70

Free Trial - This plan offers an automatic 14 DAY FREE TRIAL! Golden Age Yoga's Resilient Yogi Plan is available for \$70 per month. This Membership is valid for UNLIMITED live, virtual Golden Age Yoga Classes per month, UNLIMITED access to Golden Age Yoga's virtual On-Demand Class Library, and FREE access to any Golden Age Yoga Pop-Up Class. This membership is non-transferable and will be billed automatically each month until cancelled by the membership holder.

How to Purchase a Monthly Membership

Step 8: Once you have completed everything, hit “Buy Now”.



* Email

* First Name

* Last Name

* Address

* City

* Country
United States ▼

* State
▼

* Zip / Postal Code

Buy Now

How to Access Classes With a Membership



How to Access Classes with a Membership

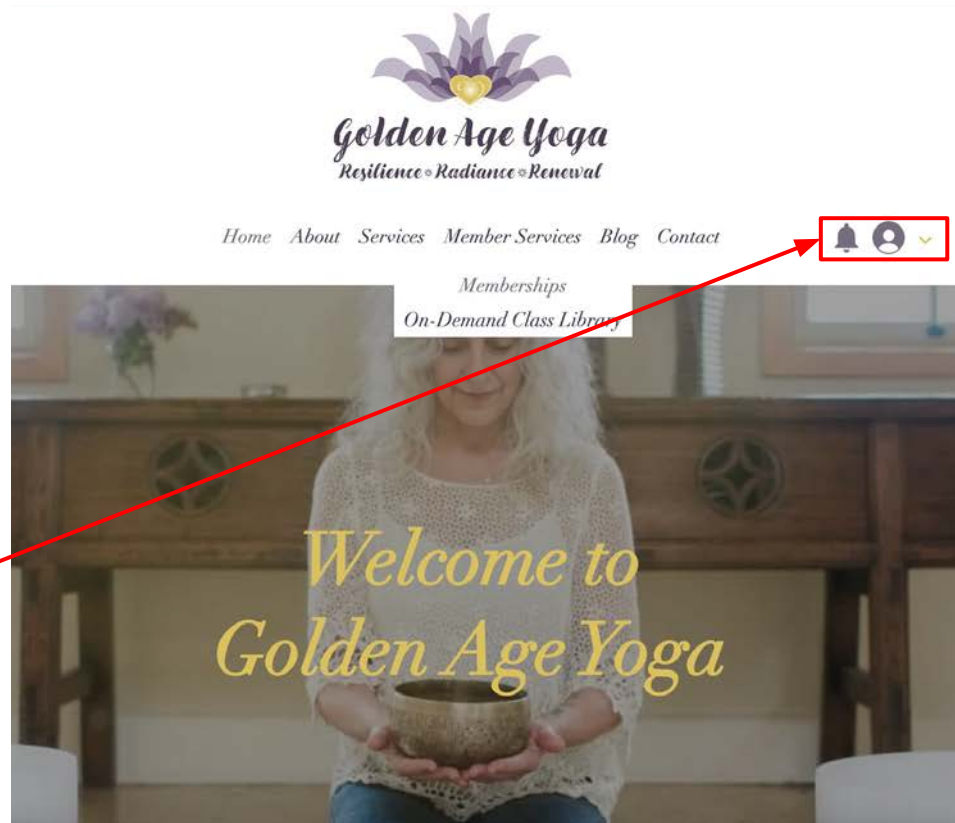
Now that I have a Monthly Membership, do I have to book anything to join a class?

Lucky for you, you don't have to book anything in order to join a class. This section will provide instructions on how to join a class with the Membership you purchased. Keep reading!

How to Access Classes with a Monthly Membership

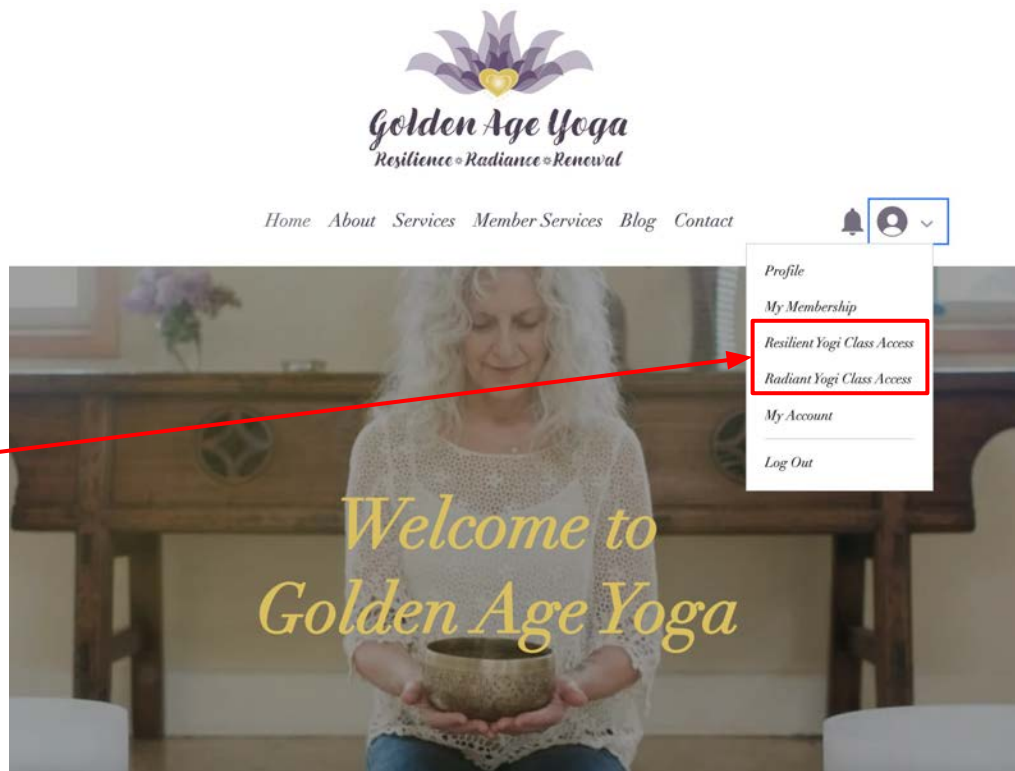
Note: Once you purchase a Monthly Membership, you will receive an email with confirmation of your purchase and instructions on how to access classes. You are more than welcome to follow those instructions or these here below.

Step 1: Go to www.goldenageyoga.us and log in to your site account.



How to Access Classes with a Monthly Membership

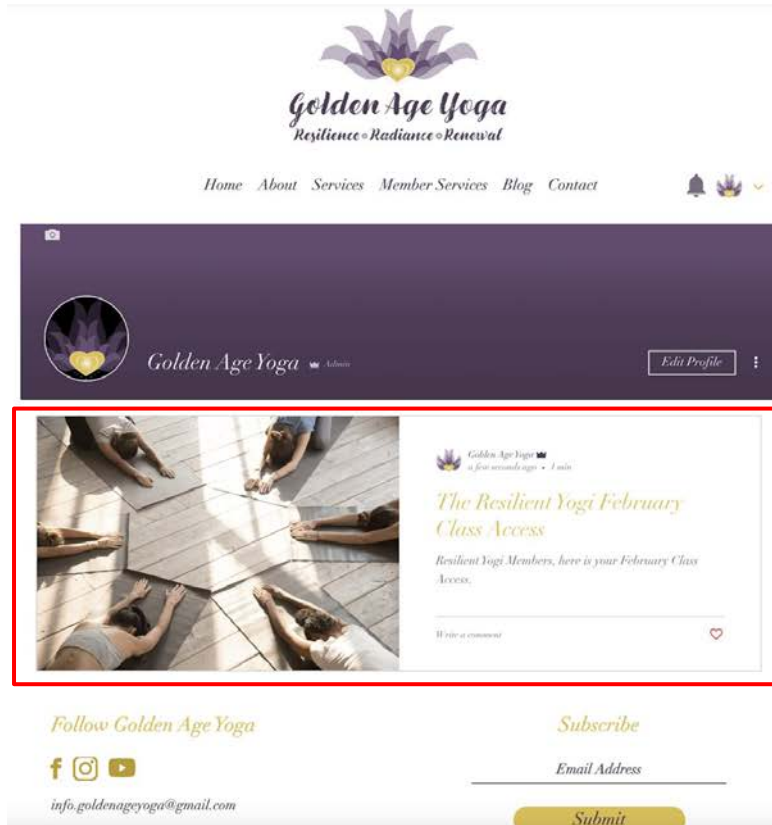
Step 2: Once you log in, click on the down arrow next to your profile icon to view the Site Members Menu. Please click the selection that corresponds with the membership you purchased (ex: either click “Resilient Yogi Class Access” for all classes OR “Radiant Yogi Class Access” for evening only classes)



How to Access Classes with a Monthly Membership

Step 3: Once you click on the class access page that matches the membership you purchased, there will be a monthly blog post available for your reference.

Please click on this month's blog post.



The screenshot displays the Golden Age Yoga website. At the top, the logo features a purple lotus flower with a yellow heart in the center, with the text "Golden Age Yoga" and "Resilience • Radiance • Renewal" below it. A navigation bar includes links for Home, About, Services, Member Services, Blog, and Contact. A purple header section contains a circular profile picture of the lotus logo, the text "Golden Age Yoga", and an "Edit Profile" button. Below this, a red-bordered box highlights a blog post titled "The Resilient Yogi February Class Access". The post features a photograph of four people in a yoga pose on a wooden floor. The text of the post reads: "Resilient Yogi Members, here is your February Class Access." Below the text is a comment section with the prompt "Write a comment" and a heart icon. At the bottom of the page, there is a "Follow Golden Age Yoga" section with social media icons for Facebook, Instagram, and YouTube, and an email address "info.goldenageyoga@gmail.com". To the right, there is a "Subscribe" section with a text input field for an "Email Address" and a "Submit" button.

How to Access Classes with a Monthly Membership

Step 4: Each Golden Age Yoga Class is currently being held on Zoom for the foreseeable future. If you are a Resilient Yogi Member, accompanying your monthly blog post will look like the example here. If you are a Radiant Yogi Member, you will **only see “Evening Classes”** listed in your monthly blog post.

Morning Classes are considered to be the Group Yin Yoga Class and the Group Hatha Yoga Class. Evening Classes are considered to be Nidra Nights ~ Yoga Nidra Class and Relax & Renew ~ Restorative Yoga Class.

To join the Group Yin Yoga Class or Group Hatha Yoga Class, click on the Morning Classes Zoom link & key in this month's password.

To join the Nidra Nights ~ Yoga Nidra Class or Relax & Renew ~ Restorative Yoga class, click on the Evening Classes Zoom link & key in this month's password.

Morning Classes:

ZOOM LINK: <https://us02web.zoom.us/j/81592891878>

PASSWORD: **SAMPLE**

Group Yin Yoga Class is held every Thursday from 10am - 11:30am

Group Hatha Yoga Class is held every Monday, Tuesday and

Saturday from 10am - 11:30am

Evening Classes:

ZOOM LINK: <https://us02web.zoom.us/j/81899638662>

PASSWORD: **SAMPLE**

*"Nidra Nights" ~ Yoga Nidra Class will be held on 2/9 & 2/23 from
7pm - 8pm*

*Relax & Renew Restorative Yoga will be held on 2/2 & 2/16 from
7pm - 8pm*

Notes About Online Zoom Classes

The links and passwords are meant to provide you access to current classes and will automatically join you into any live class for the designated month and class type.

*The Morning and Evening Class Zoom links and passwords **will change each month.***

At the first of every month, L'Aura will post a blog post for her Monthly Memberships that includes the links and passwords for that month. You will receive an email notification that she has posted a new blog post.

Please note that only current Monthly Membership holders will be able to see these posts.

If you have any questions, or issues joining a class, please contact L'Aura at info.goldenageyoga@gmail.com.

How to View On-Demand Class Videos



How to Access The On-Demand Class Library

What is the On-Demand Class Library?

The On-Demand Class Library is a free resource available for all Resilient Yogi Members. Here, you can view recordings of Golden Age Yoga's live classes and practice yoga on your own time. Can't make class this week? Visit the library and practice when you are free.

Is the Library Free for everyone?

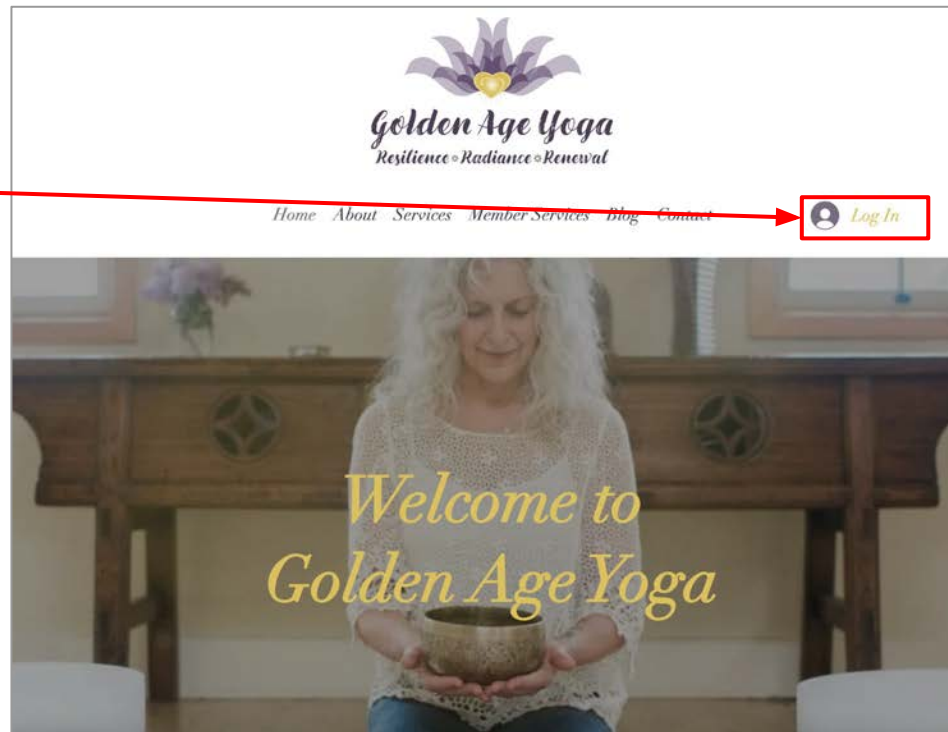
The Library is only available to those who are Resilient Yogi Monthly Members.

What if I am not a Resilient Yogi Member but I still want to further my practice?

Golden Age Yoga does offer free videos on the website. View the section on how to find the free videos below.

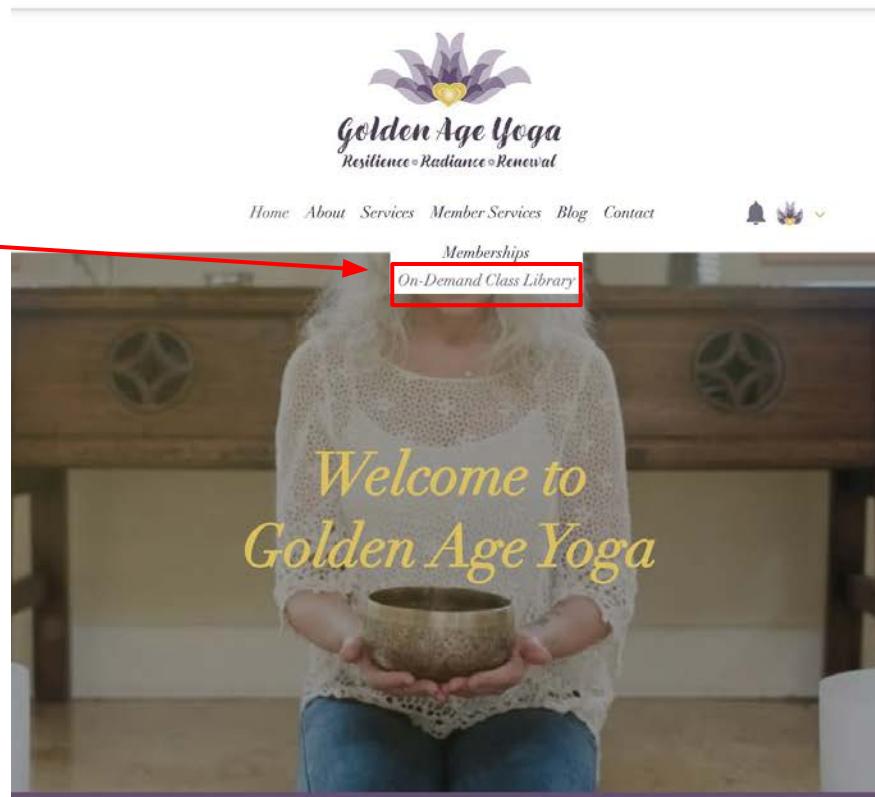
How to Access the On-Demand Class Library

Step 1: Go to www.goldenageyoga.us and log in to your site account.



How to Access the On-Demand Class Library

Step 2: Once you have logged in, hover over the “Member Services” tab on the main menu and click on “On Demand Class Library”.



How to Access the On-Demand Class Library

Step 3: If you are a Resilient Yogi Member, this page will automatically generate for you. If you are not, you will not gain access.

On this page, you can click and play any class available. This page automatically updates with new classes every week.

The screenshot displays the 'On-Demand Class Library' page for 'Golden Age Yoga'. At the top, the logo features a purple lotus flower with a yellow heart in the center, with the text 'Golden Age Yoga' and 'Resilience • Radiance • Renewal' below it. A navigation bar includes links for 'Home', 'About', 'Services', 'Member Services', 'Blog', and 'Contact', along with a bell icon and a small lotus icon. The main heading is 'On-Demand Class Library' with a subheading 'Member Only Area' in yellow. Below this, there are two video thumbnails. The left thumbnail shows a person in a blue long-sleeved shirt and dark pants performing a yoga pose on a mat. The right thumbnail shows a person in a black long-sleeved shirt and dark pants performing a yoga pose. Both thumbnails have a 'Play Video' button and a duration of 01:29:54. Below the thumbnails, the text reads: 'L'Aura Renew', 'Golden Age Yoga with L'Aura ~ Release, Strengthen & Enjoy ~ 1921', and 'Enjoy this hour and a half class - unlock and release tension, growing strength and resiliency for those of us in our Golden...'. The right side of the page shows a dropdown menu for 'All Categories'.

Golden Age Yoga
Resilience • Radiance • Renewal

Home About Services Member Services Blog Contact

On-Demand Class Library
Member Only Area

Members Only

All Categories

Play Video 01:29:54

Play Video 01:33:45

L'Aura Renew

Golden Age Yoga with L'Aura ~ Release, Strengthen & Enjoy ~ 1921

Enjoy this hour and a half class - unlock and release tension, growing strength and resiliency for those of us in our Golden...

L'Aura Renew

Golden Age Yoga with L'Aura ~ Yoga Class for Core & Back Body

Enjoy this hour and a half practice to bring awareness to your core and back body. Forward head syndrome is a real 'thing'...

How to View the Free Yoga Foundations Videos



How to Access the Free Yoga Foundations Videos

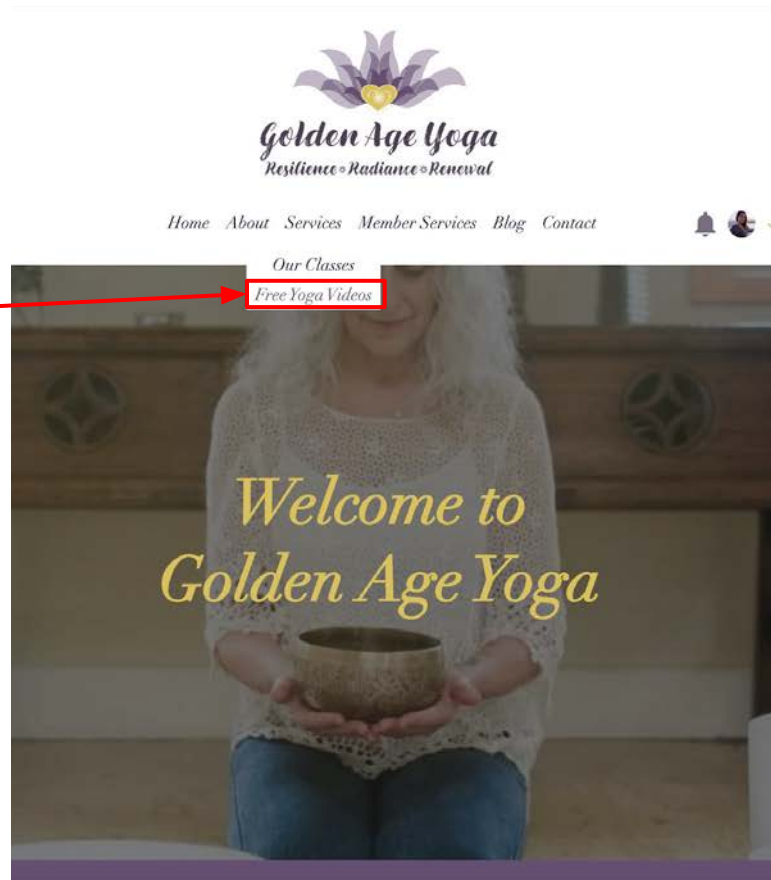
What are Yoga Foundations Videos?

The Yoga Foundations videos are available for anyone to view and enjoy. Yoga Foundations with L'Aura Reneau is a great and free way to get acquainted with the fundamentals of yoga. These Yoga Foundations videos will also provide tips and tricks to help guide you through your practice.

How to Access the Free Yoga Foundations Videos

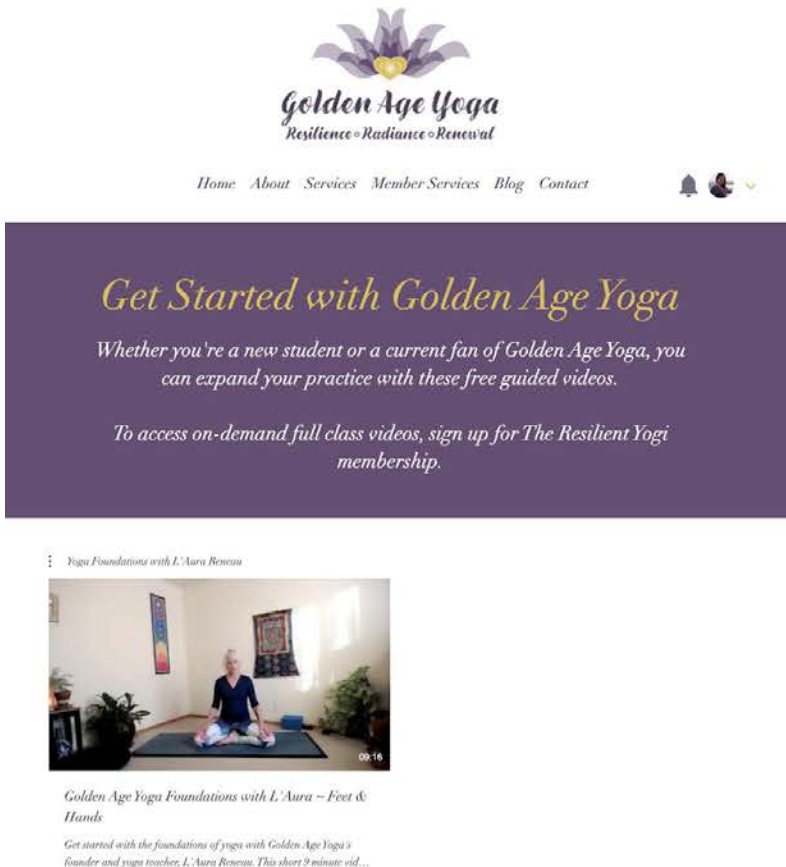
Step 1: Go to www.goldenageyoga.us.

Step 2: Hover over the “Services” tab on the main menu and click “Free Yoga Videos”.



How to Access the Free Yoga Foundations Videos

Step 3: This will then take you to the Free Yoga Foundations video page where you can freely explore any video of your liking.



The screenshot shows the Golden Age Yoga website. At the top is the logo featuring a purple lotus flower with a yellow heart in the center, with the text "Golden Age Yoga" and "Resilience • Radiance • Renewal" below it. A navigation bar includes links for Home, About, Services, Member Services, Blog, and Contact. There are also icons for a bell, a person, and a heart. The main content area has a purple background with the heading "Get Started with Golden Age Yoga" in gold. Below this, it says "Whether you're a new student or a current fan of Golden Age Yoga, you can expand your practice with these free guided videos." and "To access on-demand full class videos, sign up for The Resilient Yogi membership." Below this is a video player showing a woman in a blue shirt and white pants sitting in a yoga pose on a mat. The video title is "Yoga Foundations with L'Aura Renewal". Below the video player, the text reads "Golden Age Yoga Foundations with L'Aura ~ Feet & Hands" and "Get started with the foundations of yoga with Golden Age Yoga's founder and yoga teacher, L'Aura Renewal. This short 9 minute vid..."

Golden Age Yoga
Resilience • Radiance • Renewal

Home About Services Member Services Blog Contact

Get Started with Golden Age Yoga

Whether you're a new student or a current fan of Golden Age Yoga, you can expand your practice with these free guided videos.

To access on-demand full class videos, sign up for The Resilient Yogi membership.

Yoga Foundations with L'Aura Renewal

Golden Age Yoga Foundations with L'Aura ~ Feet & Hands

Get started with the foundations of yoga with Golden Age Yoga's founder and yoga teacher, L'Aura Renewal. This short 9 minute vid...

Have a question, suggestion or feedback?

Feel free to email L'Aura at info.goldenageyoga@gmail.com.



Thank You!

