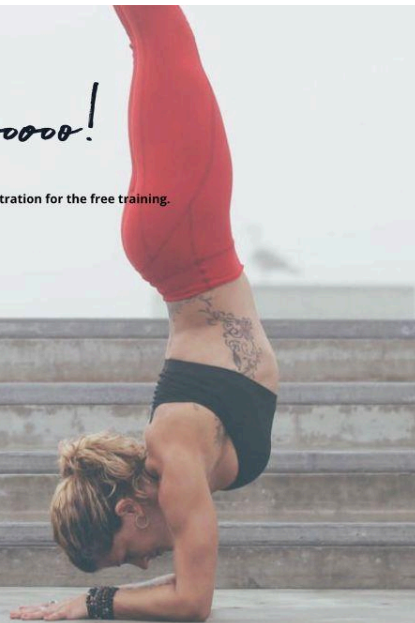


You're in, wooooo!

Watch the video and scroll down to complete your registration for the free training.



Step 1: Join the Facebook Group!

That's where the magic happens!

The live training will happen inside the pop-up FB group and I'll be in there from now until the end of the training to answer questions, hang out, share tips and help you get on your hands! If you're not on FB, bookmark this page and come back here to watch the replays.

Join the FB Group

Step 2: Make sure my emails are landing in your inbox

Go to your inbox right now and make sure you got my welcome email. If it landed in your spam or promotions folder, please drag it to your inbox. I will be sending important information during the training as well as replay links, and special prize giveaways, so you'll want to make sure you receive those!

Step 3: Add the training dates to your calendar!

Each session will be about 60 minutes and will be focused on the things you don't learn in yoga class that will unlock balance on your hands RIGHT AWAY like never before!

Classes will take place in the Facebook Group and replays will be posted here after.



Monday July 19th
8:00 am PST / 4:00 pm UK



Wednesday July 21st
8:00 am PST / 4:00 pm UK



Friday July 23rd
8:00 am PST / 4:00 pm UK

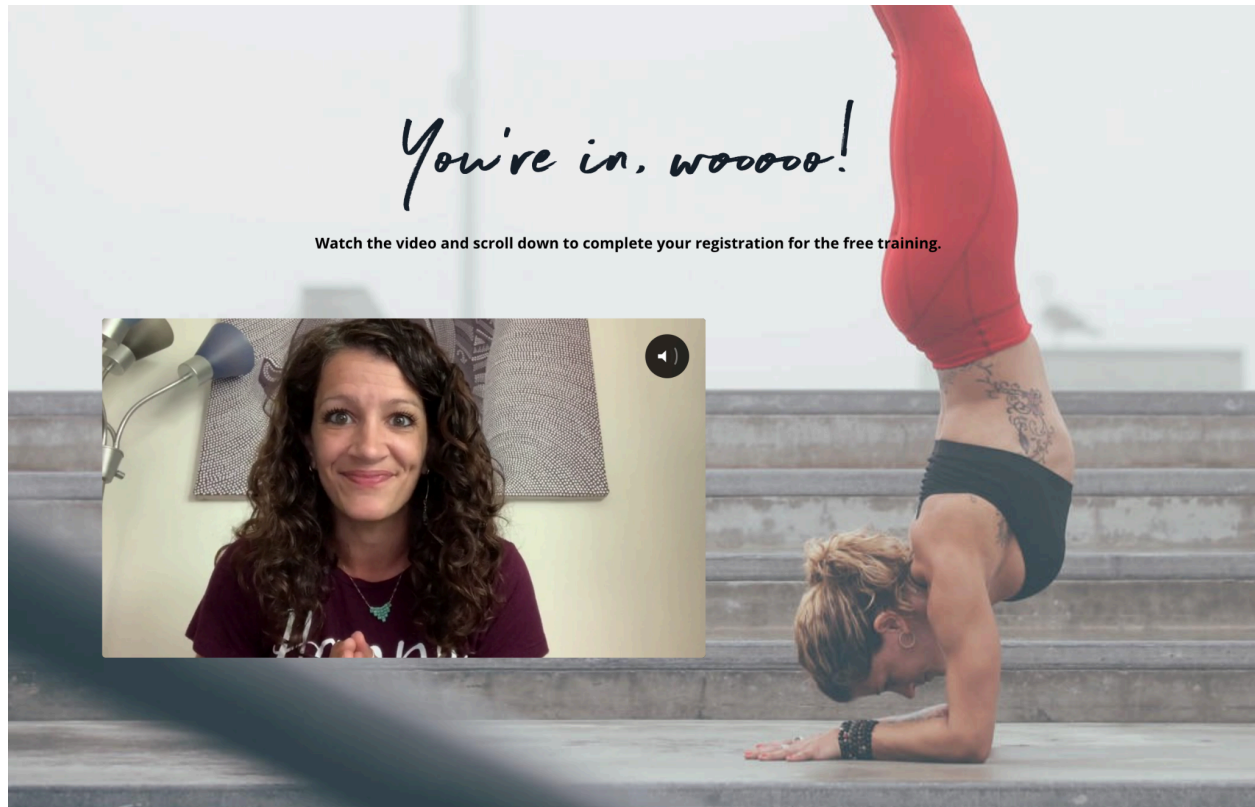
PRE-WORK (Watch Before we Begin): The 5 Principles of Arm Balances & Inversions



The Thank You page is where your user lands after they sign up for your free training. It should clearly state the next steps they are to take in order to participate in your launch.

SECTION 1

- 1) A cool background image or a solid/textured background
- 2) A confirmation message at the top that they are IN!
- 3) A message letting them know what to do next (ie: follow the instructions on this page to complete your registration)
- 4) A welcome video so they can start getting to know you and GET EXCITED! And so you can welcome them personally



SECTION 2

3 VERY CLEAR instructions about what to do next

- 1) Join the community where you'll be delivering your free training
- 2) Make sure they got the welcome email - this will help them move it to their inbox so you don't get stuck in the promotions or spam folders
- 3) The training dates with an invitation to add these to their calendar. James recommends a link to add them directly into their Google calendar - I haven't implemented that yet but if you can, DO THAT!

I used little icons called "Flat Icons." You can get some at <https://www.flaticon.com/>

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SECTION 3

THE REPLAYS.

I have some pre-work that I want them to watch before we begin so I have that there from the get-go.

As soon as one of your replays is live in the FB group, download it from there and upload it here to this page. This is where they will come back to watch the replays if they are not on Facebook, or if they prefer to watch them somewhere else

