How to Access MINDBODY Client Video Library

1. Open Google Chrome as your web browser
2. Search “Mindbody client login” or type https://clients.mindbodyonline.com/launch
3. It will bring you to the page blow:
   a. In the search box, search “Blue Valley Recreation”
   b. When Blue Valley Recreation pops up, click the orange “select” box.
4. Once you select Blue Valley Recreation, it will bring you to the sign-in page below:
   a. Click “Not a staff member?”

5. It will bring you to the page below:
   a. Click “sign in” in the gray box at the top right corner.

6. It will bring you to the sign-in page below:
   a. Use your MINDBODY username and password to sign-in.
7. Once you are signed-in it will bring you to your home page as shown below:
   a. Select the 3rd tab at the top that says, “VIDEO LIBRARY”

8. Once you click on the “VIDEO LIBRARY” tab it will ask you to sign-in again.
9. Once you have signed-in again, it will bring you to the video library where you can access all pre-recorded classes.
   a. You will select the class/video you would like to take.
   b. It will bring you to a larger screen and you will want to click the white play button.
   c. To expand the video to full screen, click the small rectangle near the volume control.
Yoga Flow I

Intermediate • Decline Floor • Yoga • 7 days ago

A slower paced class practice. The poses are held for a longer period of time without feeling rushed into the next posture or breath. It calms the mind, allows us to embrace a meditative posture, and gives us time to go inward. The focus in this class is on strength, flexibility, and balance in mind and body.