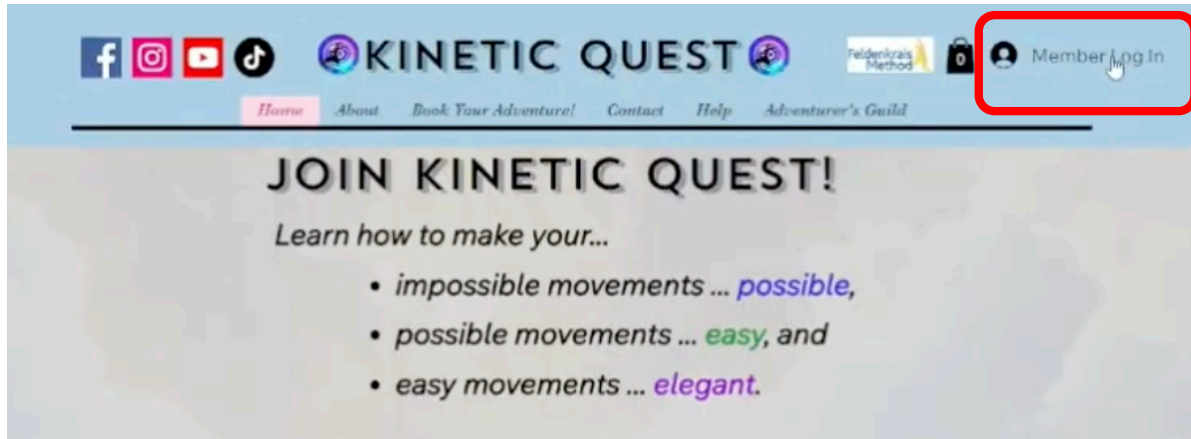


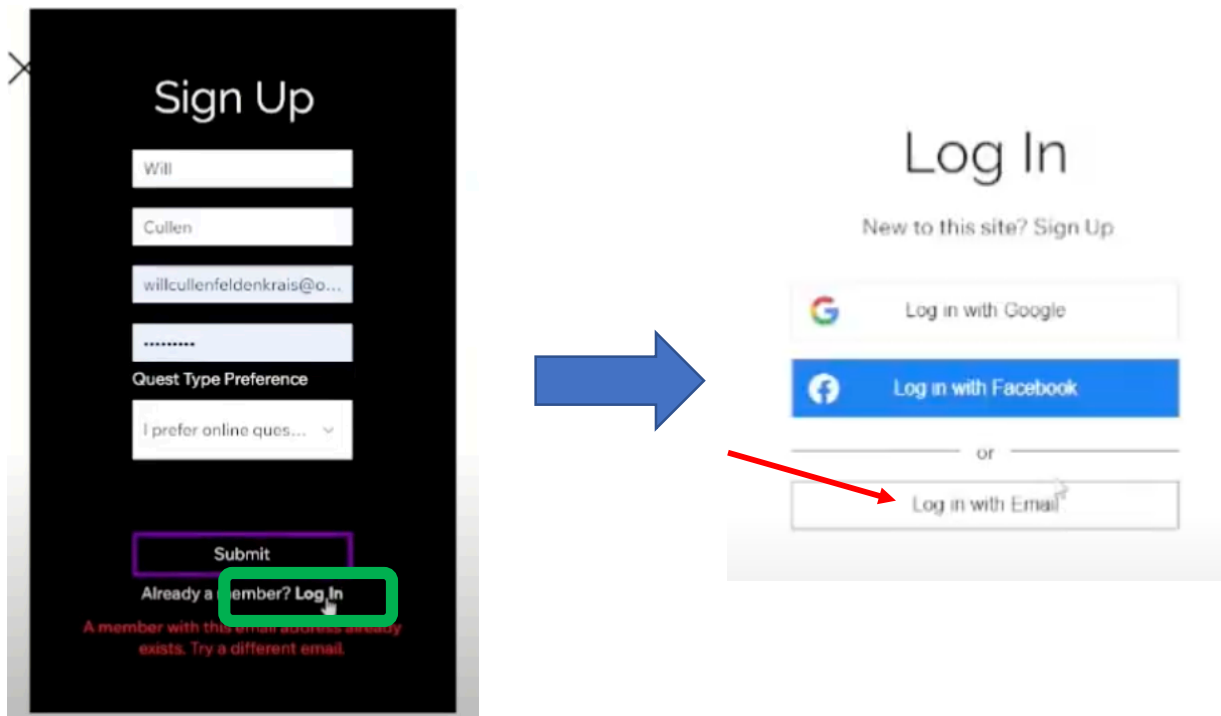
## How to Get Started - Booking a Quest (Class)

To book a quest you need to be logged into your account.

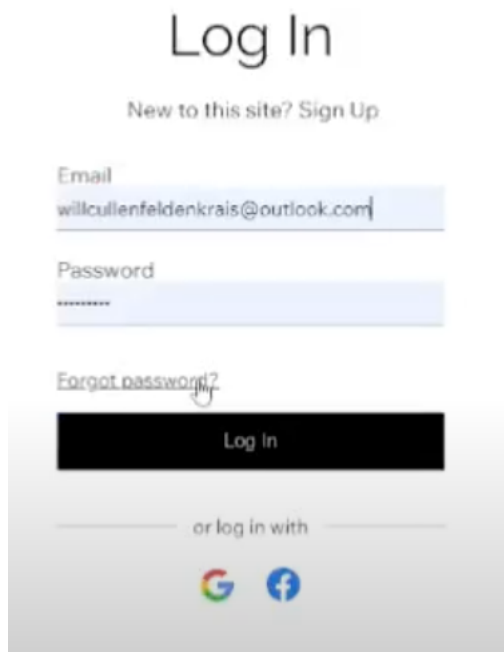
Go to the website and log in by clicking the **Member Log In** button.



The Sign Up pop-up will open, but you have already signed up, so you just want to click the **Log In** button at the bottom of the pop-up. The Log In pop-up will open. Click **Log In with Email**.



Your email address and password will be filled in automatically if you saved them for this site. If you didn't save them, you will need to enter them.

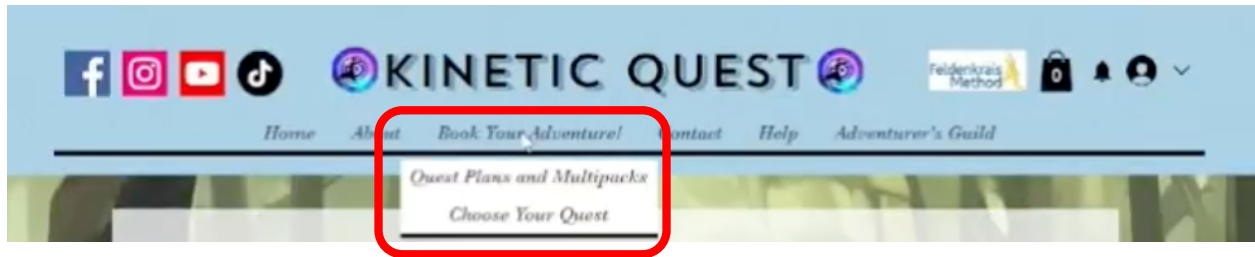


If you have forgotten your password, click [Forgot password](#) link to open the Reset password pop-up. There you can ask that a reset link be sent to your email.



Now that you are logged in, you ready to book a quest.

Click **Book Your Adventure** on the menu bar and select **Choose Your Quest**.



Your window will change to the Bookings page.

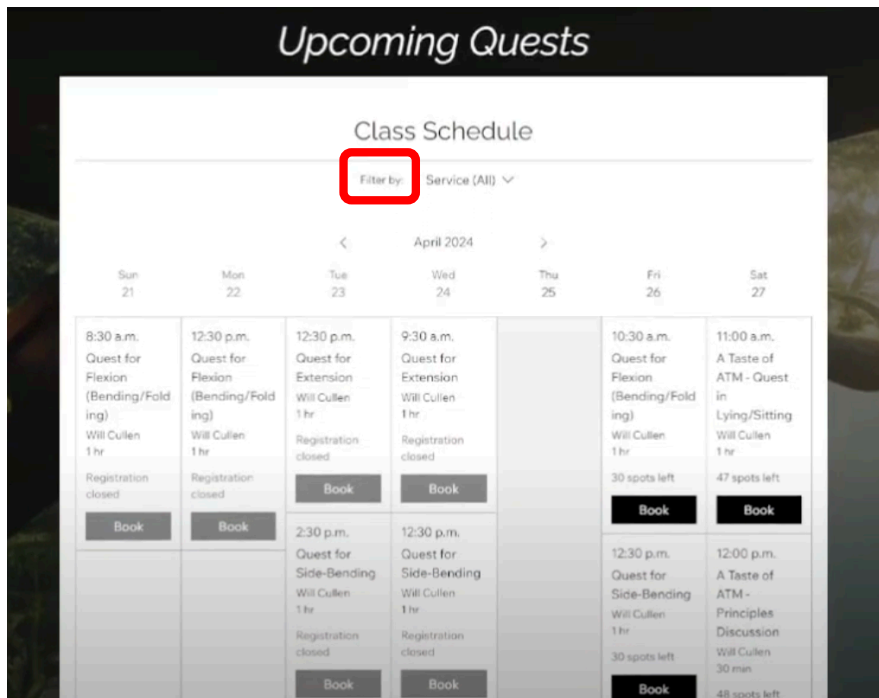


You have the option of booking on your phone using the **Spaces by Wix app** or booking directly on the website. If you like to use your phone, the Spaces app is free to use and it is easy. It uses the same email and password that you set up using the website. You just have to download it and you will be set to go.

Important things to note, whether you are using the app or the website ...

- You must book a Quest to attend a Quest, whether online or in person.
- Registration for each class will close shortly before the class begins.
- Any online (Zoom) quests **with** registrants may be cancelled with 12 hours' notice. If cancelled you will have the credit returned to your account and can rebook a class that works for you.
- In person quests **with** registrants will only be cancelled or rescheduled if an emergency arises. If cancelled you will have the credit returned to your account and can rebook a class that works for you.
- Any online (Zoom) or in-person quests **with no** registrants may be cancelled or rescheduled without notice.

Just below the notices on the website you will see a calendar of **Upcoming Quests**.



The schedule shows the quests available on each day, including the starting time, the focus of the quest, the instructor, the duration and how many spots are left.

You can filter the schedule by the type of Service.

- All
- Free Taster Experiences
- In-person Quests
- Online Zoom Quests

If you don't click on **Filter** the default is to show all of the services that are scheduled.

If you are only interested in the online Zoom classes you can click **Filter** and click on **Zoom Movement Quests**.

### Class Schedule

Filter by: Service (4) ^ | Clear Filters X

- Spiralling
- In-Person Quest for Side-Bending
- Zoom Movement Quests
  - Quest for Extension
  - Quest for Flexion (Bending/Folding)
  - Quest for Rotation/Spiralling
  - Quest for Side-Bending

Tue 30

6:45 a.m.

Quest for Rotation/Spiralling

Will Cullen

1 hr

30 spots left

BOOK

If you are new to Awareness Through Movement, you won't know the difference between the types of quests, so when you click **Zoom Movement Quests**, the system automatically checks all 4 different types.

The good news is that all quests will help organize your nervous system, so they will be benefit you.

Overtime, you may find that you want a specific type of quest. In that case, you can click on the type(s) you don't want to see in the calendar and the check mark(s) will disappear.

For example, I can deselect **Quest for Flexion** and **Quest for Rotation/Spiraling** and the calendar will only show the **Quests for Extension** and **Quests for Side-Bending**.

### Class Schedule

Filter by: Service (2) ^ | Clear Filters X

- Spiralling
- In-Person Quest for Side-Bending
- Zoom Movement Quests
  - Quest for Extension
  - Quest for Flexion (Bending/Folding)
  - Quest for Rotation/Spiralling
  - Quest for Side-Bending

Tue 30

2:30 p.m.

Quest for Side-Bending

Will Cullen

1 hr

30 spots left

BOOK

### Class Schedule

Filter by: Service (2) v | Clear Filters X

Apr - May 2024

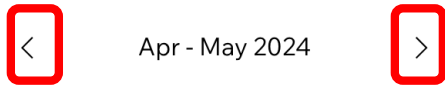
Sun 28	Mon 29	Tue 30	Wed 1	Thu 2	Fri 3	Sat 4
No classes	9:00 a.m. Quest for Side-Bending Will Cullen 30 spots left Book	2:30 p.m. Quest for Side-Bending Will Cullen 30 spots left Book	9:30 a.m. Quest for Extension Will Cullen 30 spots left Book	6:45 a.m. Quest for Extension Will Cullen 30 spots left Book	No classes	10:30 a.m. Quest for Extension Will Cullen 30 spots left Book
No classes	No classes	7:00 p.m. Quest for Extension Will Cullen 1 hr 30 spots left Book	No classes	No classes	No classes	No classes

Notice that the classes are set for different times of day throughout the week to provide flexibility to clients.

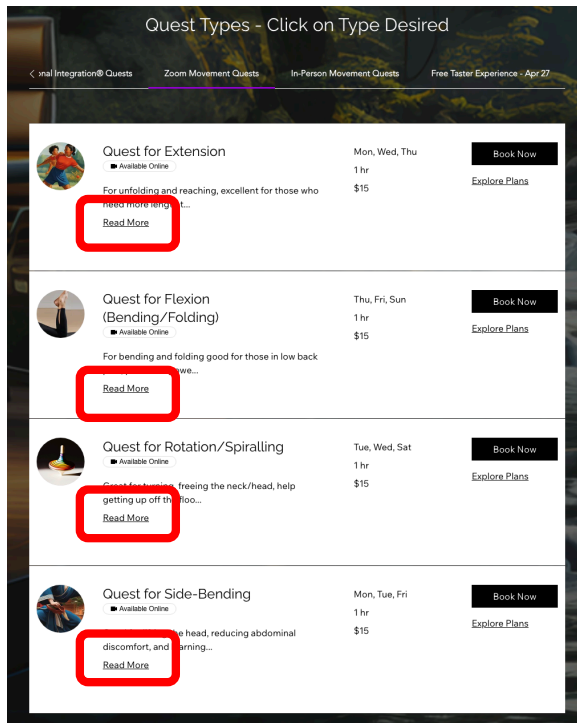
# Class Schedule

You can clear filters by clicking on the **X** beside **Clear Filters**. When you do that, all of the quests will appear in the calendar.

Filter by: Service (2) **Clear Filters X**

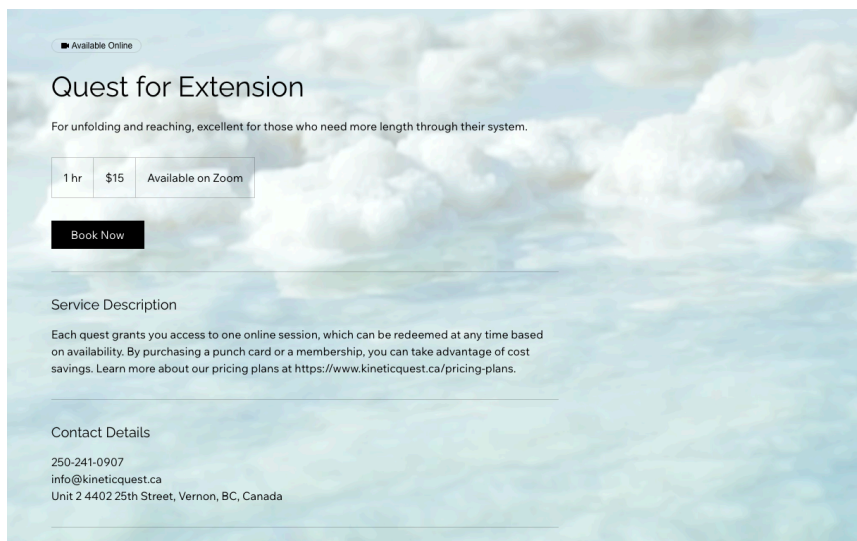


To navigate to a **different week or month**, simply click on the **arrows** to the right or left of the month and year label.



If instead of searching by date, you want to search by the type of quest, you can do that by selecting the category and then the type of quest. If you select In-Person Quests you will see the four different types of quests: extension, flexion, rotation and side-bending.

If you click **Read More** link on any of the quest types, you will get a more detailed description of each type of quest, along with a list of the dates and times for that type of quest. For example, if you click Quest for Extension, this is what you will see.



## Upcoming Sessions

Monday, Apr 29	7:00 p.m. 1 hr
Wednesday, May 1	9:30 a.m. 1 hr
Thursday, May 2	6:45 a.m. 1 hr

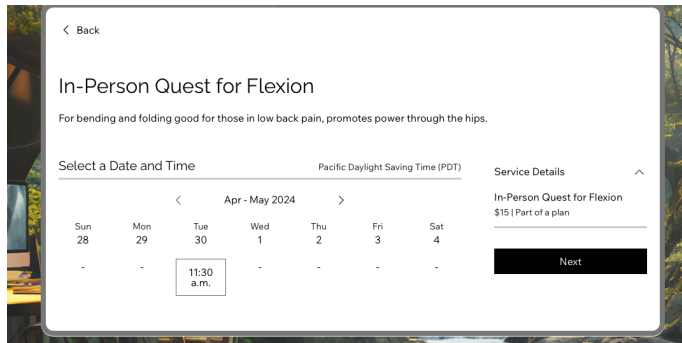
Pacific Daylight Saving Time (PDT)

**Book Now**



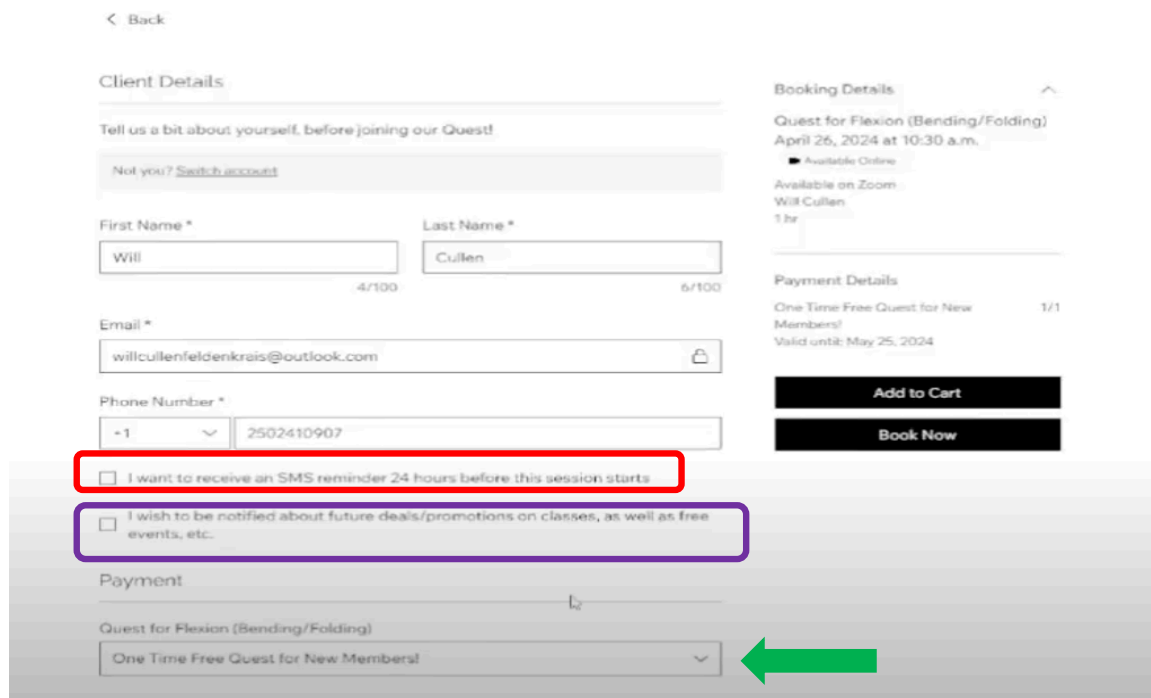
Notice there is a **Book Now** button, so you can quickly book your class.

When you click a **Book Now** button, from this page you will be taken to a filtered calendar showing you the upcoming dates and times for that type of quest.



Since it is a calendar, you can scroll through the upcoming weeks by clicking the arrows on either side of the **Month, Year** label to find a date and time that works for you. Once you have found one, click on the time slot in the calendar.

Click the **Next** button. The **Client Details** window will appear.



Most of this will already be completed for you, based on the information when you set up your account. The new information that you will need to complete are

- whether you want to **receive an SMS (text message) reminder 24 hours** before your session starts, and
- whether you wish to be **notified about future deals/promotions** on classes, as well as free events, etc.

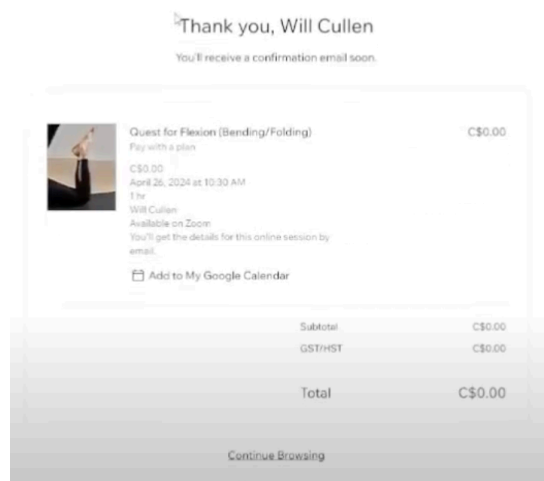
You will then be asked how you want to pay for the quest. By default, it will use whatever **pricing plan you currently have**. Since this is your first quest, it will say **One Time Free Quest for New Members!**

You have another opportunity to verify the **booking details** and **the payment method** are correct.

The screenshot shows a booking form with the following sections:

- Client Details:** Includes fields for First Name (Will), Last Name (Cullen), Email (willcullenfeldenkrais@outlook.com), and Phone Number (-1 2502410907).
- Booking Details (highlighted in red):** Shows "Quest for Flexion (Bending/Folding)" on April 26, 2024 at 10:30 a.m., available on Zoom with instructor Will Cullen for 1 hour.
- Payment Details (highlighted in red):** Shows "One Time Free Quest for New Members!" valid until May 25, 2024.
- Buttons:** "Add to Cart" and "Book Now" buttons are located below the details.
- Options:** Two checkboxes for SMS reminders and future deal notifications.
- Payment Section:** A dropdown menu shows the selected item: "One Time Free Quest for New Members!".

If everything looks good and this is the only quest you want to book, click **Book Now**. You will receive a thank you for booking. If this is your free quest you will see again that it cost you nothing. You will also see the specific details of the class and will have the option to add it to your Google Calendar.



In addition, you will receive a confirmation email which includes the Zoom link if you have chosen an online quest.

If you were to misplace the email with the link. Don't panic. Simply connect to Zoom and enter the phone number for Kinetic Quest (**2502410907**) as the meeting ID, at or just before the scheduled meeting time.