



Skype Information Sheet:

My **Skype ID** is under my email address: beginwithyes@comcast.net. Just type it into the search box and you'll find me!

48 hours Prior to our scheduled session:

1. Download Skype if you don't have it already. *If you have Skype, please update it to the latest version.*
2. Search for my Skype ID and send a request to add me on Skype.
3. Find a comfortable area to sit
4. Use a headset if possible (it improves the quality significantly)
5. Test your audio and video set up with a friend