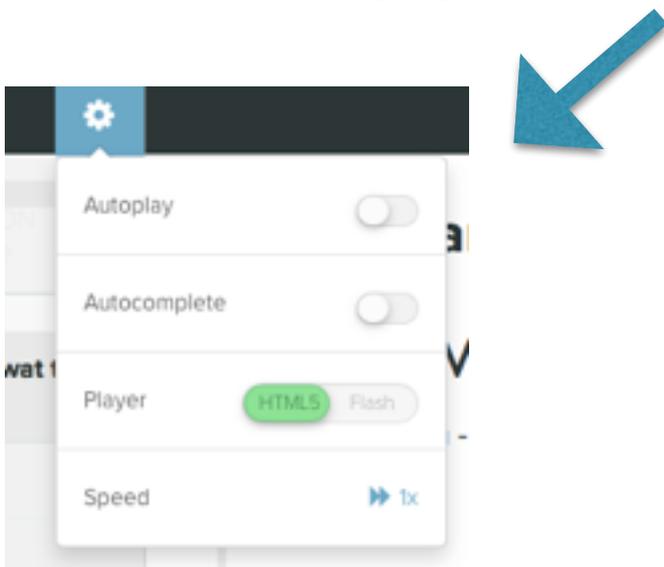


How to get the best out of this month's workshop.

- To stop all the videos playing at once, click on the small cog at the top of page and make sure the Autoplay switch is turned off. The default seems to be to play everything together.



- Take each video session slowly. Replay as often as you wish. Practice, make notes if you wish, laugh at anything or everything.
- If you prefer, you don't have to stream the videos, you can download each of them and keep them forever. You can then play them back on other devices, TV or at the local cinema if should there be a demand.
- The Practical Sessions will need to be played a few times over, to get the most from each video. Don't rush through them.
- If you have signed up for the ebooks, you will get the text, images and instructions in a PDF form each month for reference.
- Keep an eye on the SLACK channels for notifications about when each ebook, video or new workshop is available.
- Questions? Feedback? Use the SLACK channels to let me know how you are getting on, ask anything or share experiences with other immortals. You'll see lots of channels on SLACK - for viewing videos, for ebooks, for saying hi and one channel for each workshop. Take a read through when

you get a moment, as there is a lot of good information and tips in amongst the conversations.

- Want to speak to me? Contact me on any SLACK channel or DM me directly anytime.
- Friends or relatives want to learn too? I've got discount codes for any of you to give away. If you have friends or relatives interested. Just email or DM me for a code.

