



How to Download a Video

I recommend downloading the yoga videos to your computer rather than your phone.

1. Go to <https://www.cindyglennonwellness.com/videos>
2. Find the video you bought.
3. If you are logged in, then click the video and it will start to play. You will see a small download button (arrow pointing down). Click it to begin download.
4. If you are not logged in, then click the video and then click the Sign In button. If the Sign In button does not appear, click the \$ symbol (buy button) to prompt signing in.
 - A. You will get a pop-up window. At the bottom of the pop-up is a small “Sign In” button, click that.
 - B. You will be prompted to enter your user name and password. You set this up when you first bought the video. If you forgot, there is a “Forgot password” to reset it.
 - C. Once you are logged in, the video will play and you you will see a small download button on the right bottom corner (arrow pointing down). Click it to begin download.
5. Double-check that the video downloaded into your computer downloads folder. Now you can play it from your computer.

Thank you for purchasing my yoga wellness videos, be well!