

WELCOME



I'm so happy you're here.

I'm Riva, a certified Yoga and Pilates teacher, a Functional Mobility specialist, and trainer of over 15 years.

I created my app, **RENEW** with Riva to help you feel your best through the power of mindful movement.

Let's flow & grow together,

♡ Riva

Getting started:

The next few slides will introduce you to the basic features & tools within the app.

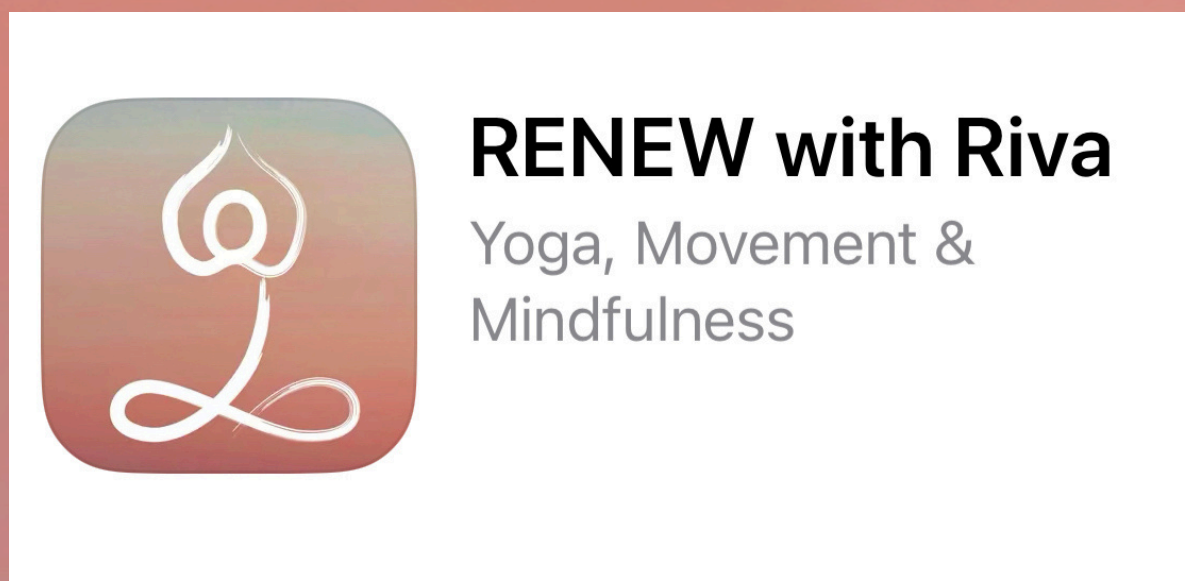
It will also provide the activation code for your 6-month membership.

To begin, download the RENEW with Riva app:

<https://0c61o.app.link/rivapp>

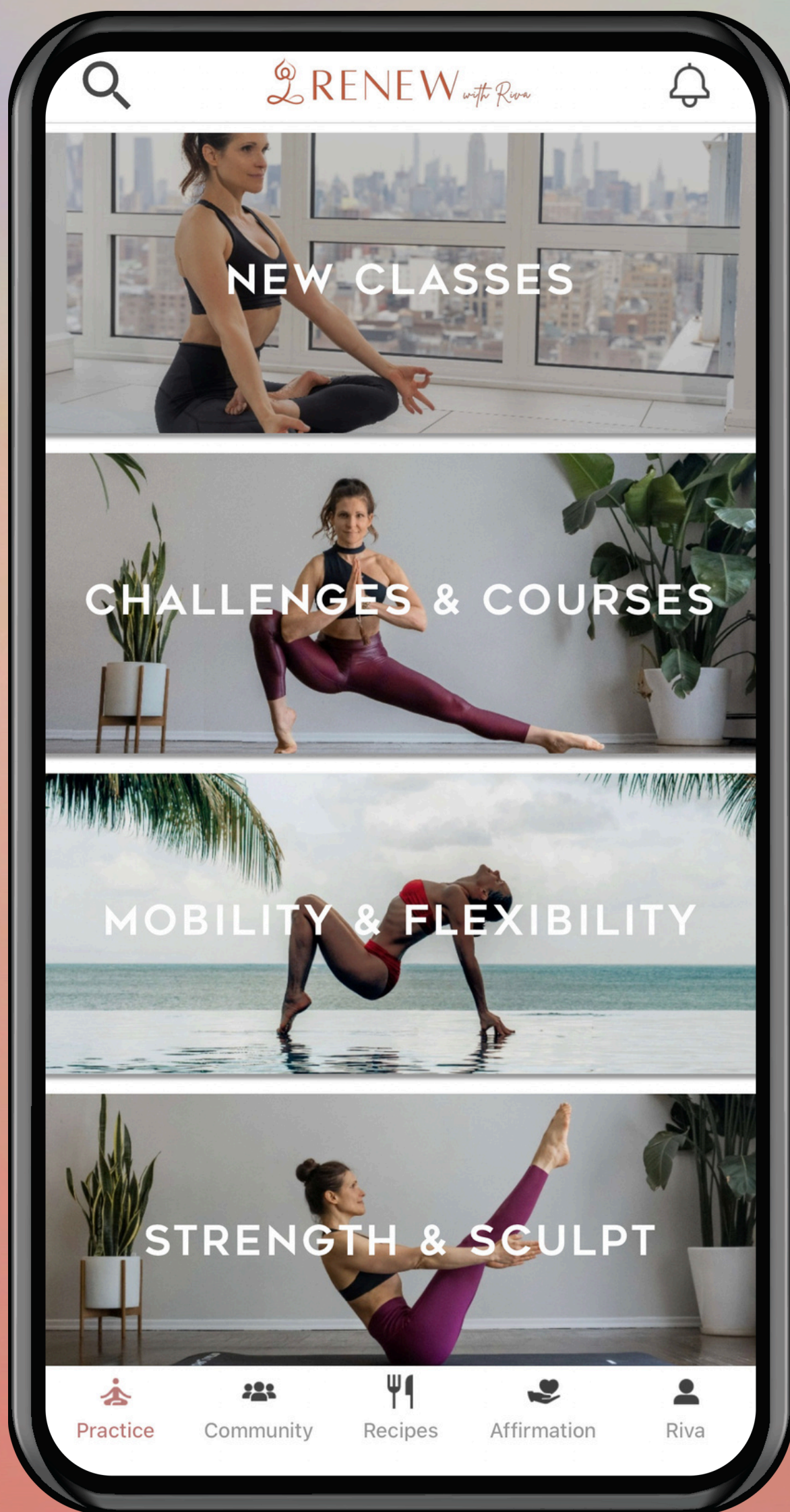


Click the link here, or search for “Renew with Riva” in the App Store or Google Play.



RENEW *with Riva*

**Next, open the app.
You'll see the main menu:**



**Here's where
you'll find
classes,
courses,
challenges,
& sequences.**

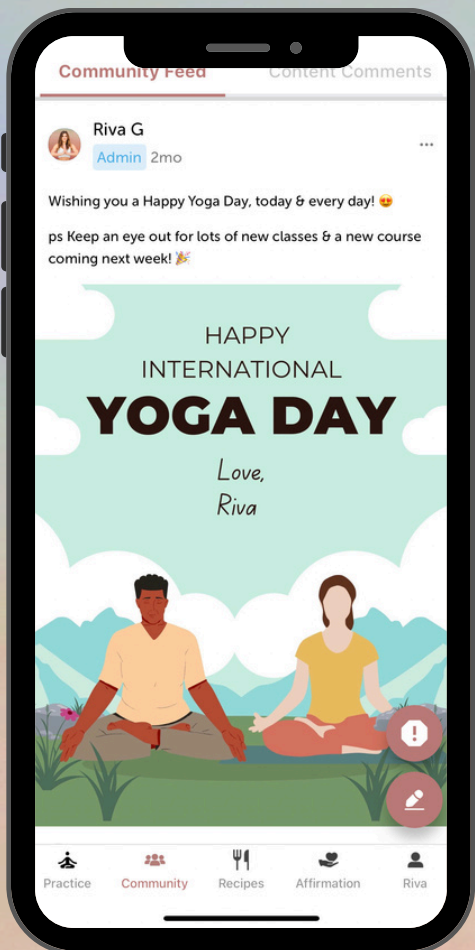
**Scroll down
to browse
through &
select a
category.**



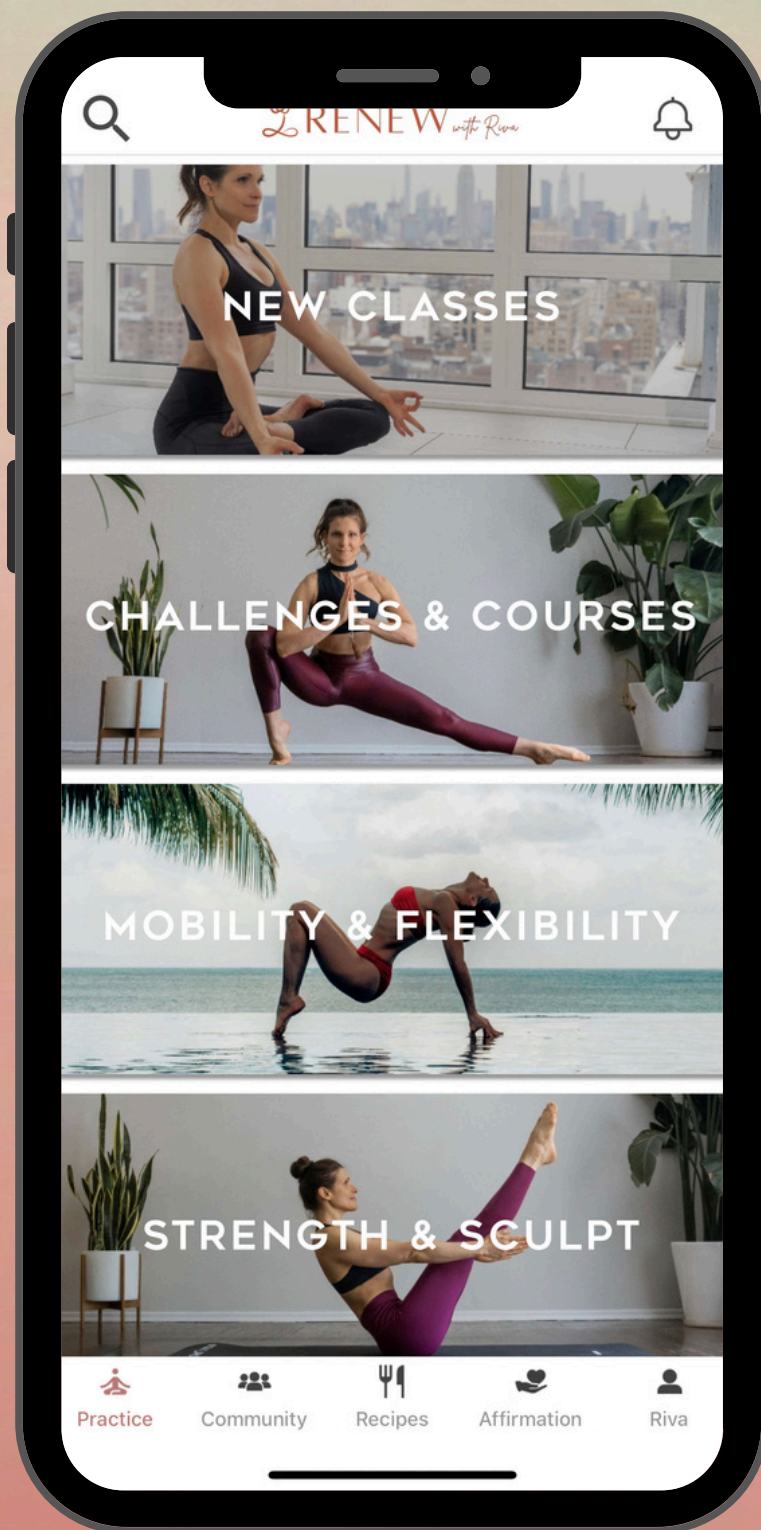
**The tabs on the bottom give
you access to additional
features (see next slide).**

RENEW *with Riva*

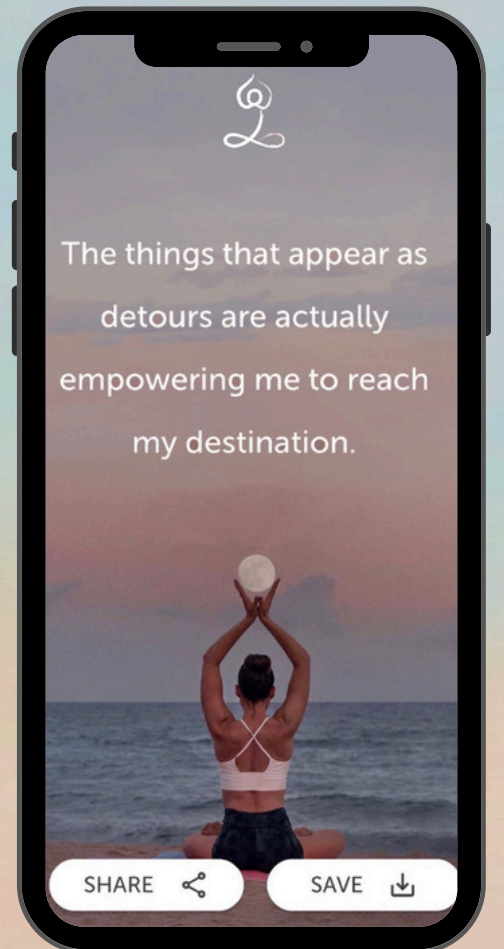
Select one of the 5 tabs on the bottom to access a specific page or feature:



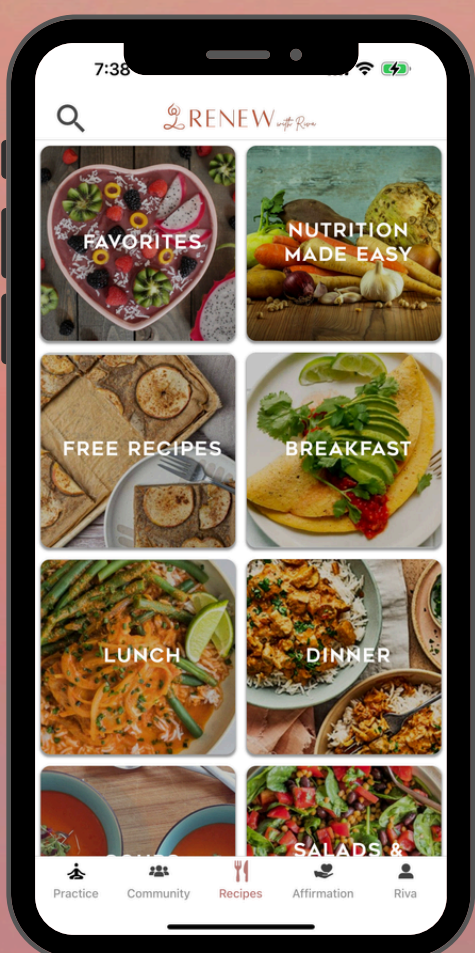
Community & Connection



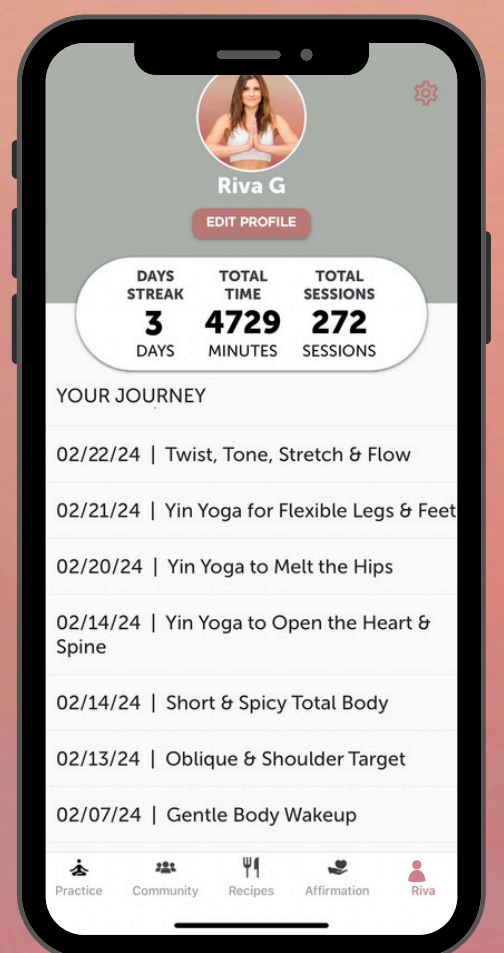
Practice: Classes, Courses & Challenges



Daily Affirmations

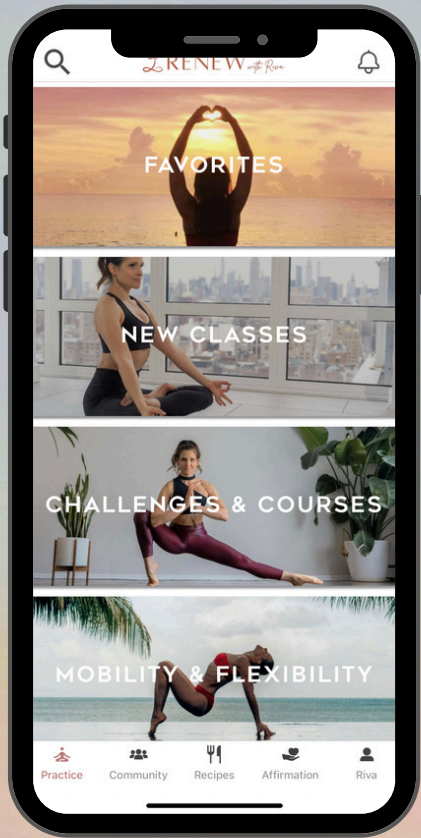



Recipes & Nutrition



Settings & Personal Log

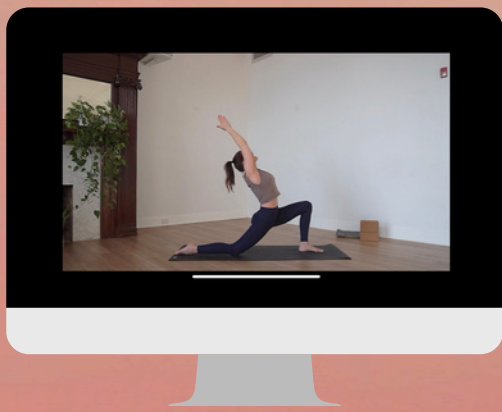
Some helpful tools within the app:



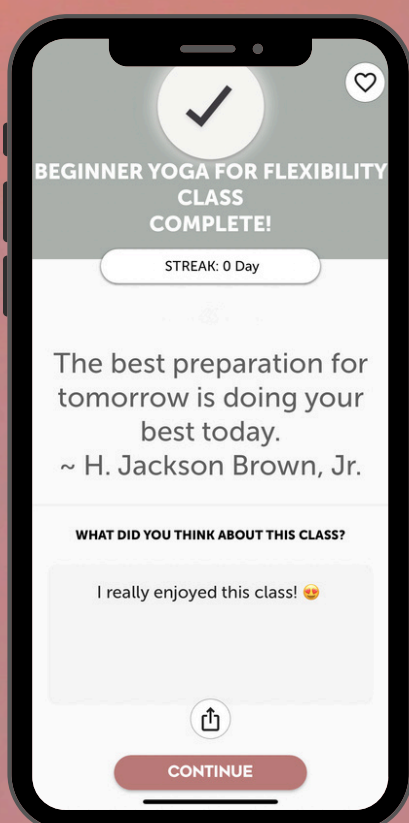
← Create a 'FAVORITES' folder by tapping the  button at the top of the class description page.



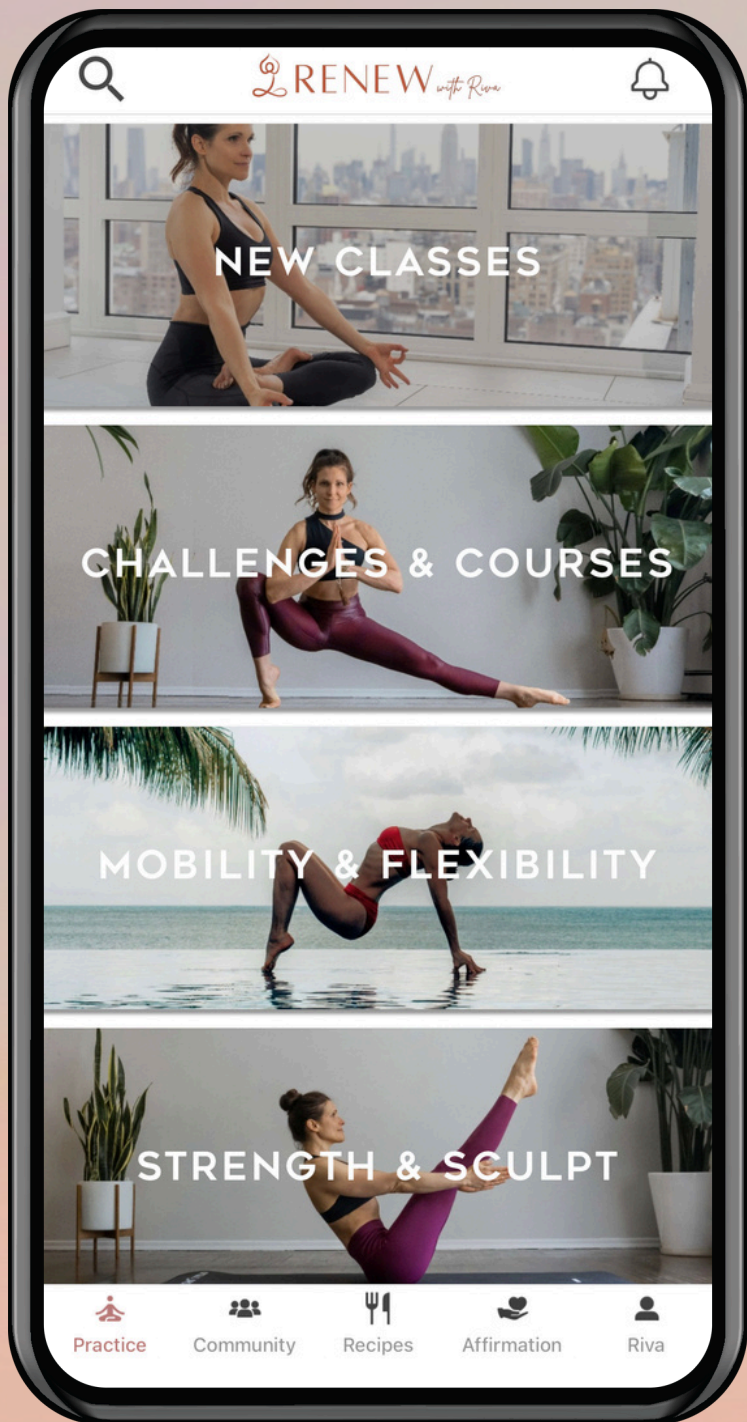
← Personalize your profile photo:
 > Edit Profile > Change Picture



← Download classes to play when you're offline. View them on your phone, TV, web, or tablet.



← Leave a comment after taking a class. You can win prizes for leaving comments!

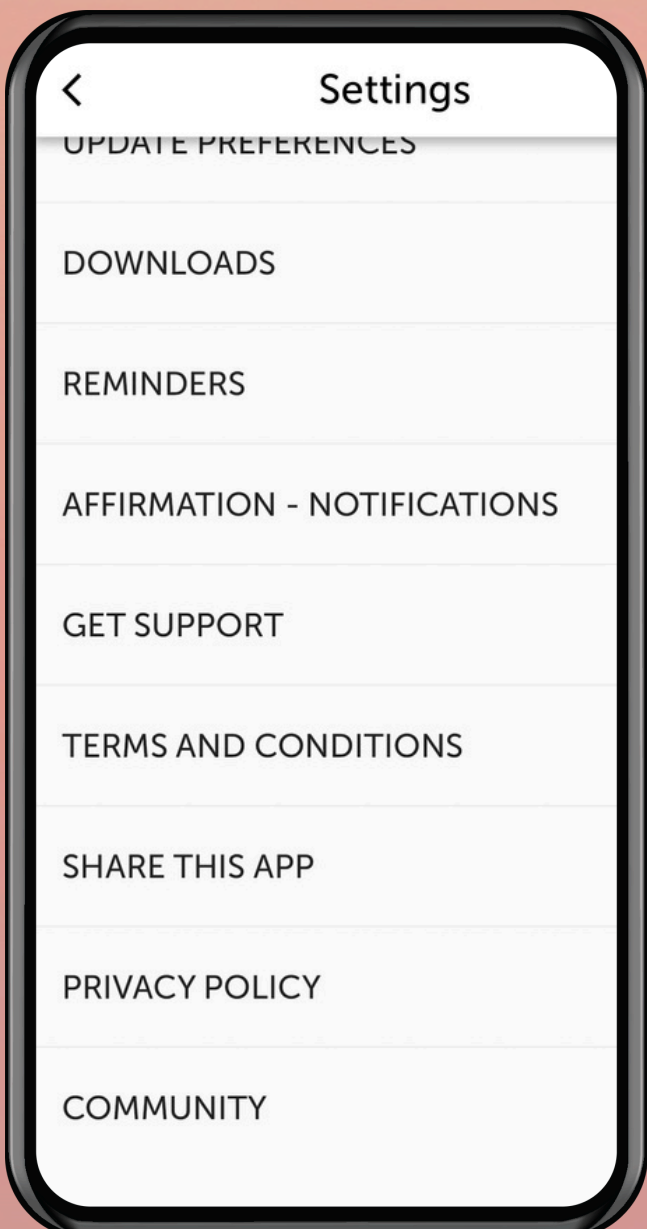


To activate your 6-month subscription:

1. Tap on the 'Profile' tab in the bottom right corner.



2. Tap on the "settings" button in the top right corner.



3. Scroll down to the 'Community' setting & enter the following code:

RR6MONTH24



That's it! You're all set to access every class, cours, & feature on the app. I can't wait to see you there!