

## **Online yoga classes**

### **Group yoga classes and one to one private tuition, using Zoom meetings**

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<https://www.yogasomerset.co.uk/online.html>

I've started teaching 'virtual' yoga classes online which aim to get as close as possible to my normal group and one-to-one classes and will be run using Zoom - the popular free online meeting tool. We will be able to see and hear each other as we do the class. Zoom is quite easy to use, and I arrange a set up session for students, and an initial trial class at no charge. There are lots of tutorials on [Zoom help](#), including [how to join a meeting](#).

I've successfully taught group and private one-to-one classes online already, and it's gone well – students have found it quite easy to set up and had a good experience.

### **Zoom Yoga Safety!**

- If you need to run your device plugged into the mains, or if there are other cables, be careful not to trip over them
- Some students fall asleep during relaxation, so be sure your home is safe – if you use candles or burn incense be sure they can burn out safely if you fall asleep
- Make sure any fires are safe and you have nothing left on or in the cooker
- Make sure your device is positioned so it can't be knocked over
- Your yoga class space needs to be big enough so you can do all the poses safely without hitting or knocking yourself or any objects
- New students need to complete a health information form. Current and former students must advise of any changes since they last provided health information.

### **Scheduled online group yoga classes**

Monday evening - 6.30 to 7.45pm

- Wednesday morning - 10.30 to 11.45am (this is a repeat of the content of Monday's class)
- Wednesday evening - 6.00pm to 7.15pm
- Friday morning - 10.30 to 11.45am (this is a repeat of Wednesday evening's class)

If you decide to attend 2 different classes per week, you could attend Mon evening and Weds evening; Mon evening and Fri morning; or Weds morning and Fri morning. You could repeat the same class if you wished.

I will arrange more classes if there is demand. I will be limiting the number of students in each class so I can give proper attention to you all. Classes last 1¼ hours.

You need to book each class you plan to attend in advance, in order to receive the class invitation (by email).

### **Costs and Payment**

There is no charge to take part in the Zoom set up session and the trial class.

- For a scheduled group class, the cost will be £8 per person per class.
- For new individual/private/1-2-1 clients - £40 per 1 hour lesson. Please enquire for more details.

For Somerset students who were with me before the lockdown and have become totally unwaged due to the epidemic, there will be no charge to participate, and for those students on *reduced* income due to the

epidemic, costs are reduced by 50%. There are no other concessions.

For students taking part in group classes I will invoice you at the end of each month. I ask that private one-to-one students 'pay as you go' after each lesson. Payment preferably by BACS/e-banking.

### **Getting started, setting up your yoga space and positioning your device**

If possible:

- have your device (laptop/tablet/iPad/phone) charged.
- close other applications/programs running on your device apart from Zoom and email.
- turn off any other devices in your home that are likely to be using your internet connection – other computers, smart TV etc - this is to try and get the best out of your broadband connection.

The following tips are *not* essential and may need familiarity with setting up computer and TVs.

- (You might try connecting your device to your internet/broadband router with an *Ethernet cable*, rather than using WiFi - this may improve the connection further)
- (If it's in your yoga practice space, you might connect your device to your TV to provide a bigger and maybe better sound and vision.)

Install Zoom on your laptop or tablet/i-pad (although a smart phone will do), and then place your device on a stool or table – make sure it is stable and cannot be knocked over.

Zoom is free to download <https://zoom.us/signup>. Don't worry if you can't do this in advance. Zoom will offer you a download when you accept the invitation to join the meeting.

Set up a well-lit clear space for your yoga practice. The space needs to be big enough so you can do all the poses safely without hitting or knocking yourself or any objects.

To enable me to see you as you do the lesson, position your mat 8 to 11 feet (2.5 to 3.5m) away from your device, sideways-on to your device webcam. You will need to see yourself and your mat, not just your head and shoulders but your whole body in standing, sitting and lying poses. You might need to angle your device, typically by moving the lid on a laptop in which the camera is mounted, or by ingenious propping up of iPad or tablet. We can go through the detailed positioning later, and once a good position is found, you need to be able to repeat it for subsequent sessions (we used masking tape on the carpets!).

As you move your cursor over the Zoom screen the various controls appear. They disappear after a while, move the cursor to get them back.

Sound and vision check - during the set-up session, we need to ensure that your microphone, speakers and video are working on your device (these are generally all built into your device), and that I can see and hear you on my laptop. Zoom asks that you test your sound and video.

Once you are set up, I will invite you to a trial class of around 30 mins. Assuming your set up goes well, and time permits we might combine the set up and the trial class.

### **Starting a Zoom class meeting**

Assumes you have been through the set-up session, and have Zoom

I will email you an invitation to join a Zoom meeting at a specific time. It will have a link to click/tap to join the meeting, and you can join before the scheduled time.

Before your class begins, you will need your yoga mat laid out ready as described; and if you have a yoga block and strap (or something equivalent that you can use for certain poses), that would be helpful. Make sure you also have a glass of water handy, and possibly a blanket for your final relaxation.

When you accept the invitation, you will go into the 'waiting room'.

Zoom will prompt you to turn on and test your speakers and microphone – please do.

As you move your cursor over the screen the various Zoom controls appear. They disappear after a while, move the cursor to get them back.

Check your positioning

A few minutes before the scheduled meeting time I will admit you and we can check final positioning of your mat.

Options during the lessons

- To maximise the view of Julia teaching – select Gallery View rather than Speaker View (top right – may vary with device), click on Julia's image, go to the 3 dots in top right, select Pin video.
- Enter Full Screen (top right – may vary with device) to be sure you have the biggest image.
- Mute your own sound (particularly if there is background noise in your yoga space). The microphone and camera settings are bottom left – may vary with device – opened with the up arrows next to the microphone and camera icons.
- I can mute and unmute students - generally I unmute (so you can all hear each other) before and after the lesson, but mute everyone during the lesson, to cut out the background noise (and pets padding about !). If you have a burning question wave till I see you!
- Chat – lets you send text type messages – to the whole group or to individuals – you might send one to me privately to ask something you don't want all to see – although I may not pick it up during my teaching.

28-4-2020

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