

## GUIDELINES FOR TAKING A LIVE ONLINE YOGA CLASS



1. Download and set up a free account with Zoom - <https://zoom.us/download> to your device that you wish to stream the live class or use your web browser.
2. Laptops, TVs and tablets are easier for you to view than a phone and ensure your device is fully charged. Please log in to Zoom 5 mins before we start using the meeting link or ID shared by email 30 mins before class (meeting link/meeting ID will remain the same for each weekly recurring class, please remember to book in each week). Familiarise yourself with Zoom including mute, video, chat and 'gallery/speaker view' (little square boxes in the top right corner of the screen set to speaker view). To be able to see the teacher in full screen please click on the three dots of the teacher screen and select 'Pin Video'. It is encouraged to keep your video on so that your teacher can see you during class, however this is optional.
3. Please place your device in a place where you can see me and I can see you with audio on and you can hear clearly, and I can greet you as we all come together. At the start of practice I will place everyone on mute to avoid disturbances.
4. All you need is space that allows you to move freely with a couple of feet around your mat on slip-free level ground. Without any obstructions, distractions and disturbances. Start unrolling... your mat & your mind and take some much-needed time for yourself to feel grounded & safe and bring back calm and equilibrium.
5. Please have water and any props close to you; bolsters/pillows/cushions/rolled up blankets/towels, yoga bricks & blocks or a thick hardback book, yoga strap or belt (that does not have any stretch), a blanket for Savasana and eye pillow if you have one. You may wish to light a candle, dim your lights and place your phone on silent for your own uninterrupted practice, but no one else will be able to hear you through class.
6. Please feel free to play your own music or you can choose to listen to one of my playlists on Spotify: <https://open.spotify.com/user/adnightingale?si=hcAolrxaStaKqiuLfEq0OQ>. I usually share the specially created playlist to each weekly sequence when I send the meeting link out before class.
7. Please take the class at your own pace and level. I am not present with you, but I will be able to see you and try to be as connected as possible throughout the entire class. Please know, respect and honour your limitations, your own range of motion and any injuries or medical conditions you may have. Please advise these at the start of class. Please rest and come out of postures, as you need to. Please practice safely!
8. If you wish to ask anything through the class please feel free to use the chat to 'Host/Adrienne only' and if we are a small intimate class raise your hand and come off mute and ask your question at a suitable pause in the flow or wait until the end of class. Please don't be hesitant to ask questions if you are unsure about anything in a flow or a posture, this is your class and investment for your well-being.
9. At the end of the class there will be the opportunity to connect with your Virtual Indyoga community, give feedback, ask questions and say goodbye. Select the 'gallery view' so you can see others in the class. We are open to suggestions and ideas while we all find our way in this new virtual world. Thank you for your support.

**Most importantly, please enjoy your practice in your home within a safe & calming space!**