

# HOW TO PRACTICE ZOOM YOGA UPDATED OCT 2021

Yew Tree Yoga, Victoria BC

## 1 SET UP A SPACE

Choose somewhere that you can safely stretch out lengthwise on your mat. Ensure you can stand and extend your arms upward and outwards without hitting anything. Ensure your space has an internet connection and is as quiet/private as possible.



## 2 AUDIOVISUAL EQUIPMENT

Use a desktop/laptop computer, tablet or even your smartphone. The audio is paramount, especially if you are viewing on a small screen. You will be listening to the instructor primarily and checking the screen occasionally. Avoid straining your neck to view the instructor. If you are using tiny speakers on your phone or computer, consider linking your device to external speakers (eg. small Bluetooth speaker) for optimal sound.

## 3 REGISTER ONLINE

Go to Yew Tree Yoga website and click on the Weekly Schedule tab. Select class you would like to attend then press the Sign Up button. Current and past students will be provided with a Zoom link and passcode



## 4 ZOOM LINK

Our new format will have all classes associated with a Meeting ID and password. Keep this available. We ask that you do not share the passcode.

When you log into Zoom, you will automatically be entered into a waiting room. When the host is ready you will be admitted to the session. You have the option to be "invisible" (video off) and muted. Before and after classes, feel free to unmute and chat to your instructor and classmates. All participants will be muted during the class.



## 5 GET READY TO YOGA

Lay out your yoga mat and props early. If you are missing props, use regular household items. In place of bolsters, use folded blankets or couch pillows. For a strap, use a belt or scarf. Instead of blocks, use books or boxes.



## CONTACT US IF YOU HAVE ANY PROBLEMS

Do not hesitate to give a call if your are having any issues. There are several ways to reach us if you have questions or problems: press the "unmute" button on Zoom to ask a direct question; use the Zoom chat icon and send us a written note or call the studio 778-433-9202