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Guidance for Students - Joining an online yoga class

Lockdown has introduced us all to a different way of working and of making more use of the internet in delivering lessons. These may be group classes or one-to-one lessons, āsana or philosophy or chanting. Whatever way the class is being delivered, here are some guidelines which will enhance the experience for you and ensure your safety.

Health Questionnaire

TSYP asks that all those participating in an online āsana class complete a health questionnaire. This will include an acknowledgement by you that you have read and understood the parameters of working and learning online. If you are new to working with that teacher, you will also be asked to 'meet' online for a discussion before the first class. This is to ensure that the teacher is aware of any needs you might have and can ensure that both are aware of how you can practise safely to the maximum benefit.

The student's responsibilities

When you practise at home the teacher cannot identify risks within your home, nor can they see as much of your practice as they can when teaching you in person. By having a lesson online, therefore, you are recognising that you will be responsible for the safety of your own home and for practising within your own competence.

Personal Privacy

When you practise online you will be seen by others in the class – as you would if you were in person! If the teacher wishes to record the session, then they must ask you in advance if you agree to this.

Here are some tips for joining and getting the most out of an online class...

1. Work out where you will practise and set up your mat and any props you might need.
2. Set up your computer and make sure the camera is correctly positioned so that the teacher can see you clearly.
3. Make sure that any cables are tucked away safely.

4. Tell the people in your family / house what you are up to do so that you can enjoy the lesson without being disturbed.
5. Switch off phones and all other applications on your computer – if they are left on, they will interfere with the stability of the connection and distract you from the lesson.
6. You will be sent an invitation to join the lesson – when the time is right just click on the link and sign in. Make sure you have downloaded Zoom before the lesson starts. Do not share the links or passwords with anyone else.
7. When you join mute your audio button – if you need to speak to the teacher you can either 'raise a hand' button on Zoom or literally raise a hand! Also ensure that instead of gallery view you have chosen Speaker View... and then hover over the host to select as main speaker.
8. Bear with the situation if there are glitches ... it may take some getting used to. There will be hiccups but after all yoga is all about being flexible! The class is likely to be at a gentler pace than usual so that we all get the hang of things.
9. Above all enjoy the class!