

# Karuna Yoga

## Tips for Zoom setup to improve online yoga class experience

**1. Practice space:** Find a quiet place in your home where you'll have access to a wall, and where the computer/iPad/laptop/phone can be 6-10 feet away. Set up where you can be free from distractions.

**2. Visibility:** Place your mat six to eight feet from the screen, with the long side of your mat facing the screen. If you can see your whole self, then the teacher can see you too!! Have your **video on**. Iyengar yoga teachers watch the student practice. Students benefit more if teacher can correct your alignment.

**3. Device height and angle:** Put your device at least 2 feet off the floor and angle the screen so that it is perpendicular to the floor, i.e. parallel to the wall behind you. You might need to tilt the screen down for seated/supine poses and then tilt it up a tad for standing poses. Have a thin book or object that can serve to create these tilted angles.

**4. Lighting:** Front lighting is best; side lighting is okay. You can't be seen if most of the light is coming from a window or lamp behind you. You might have to cover the window if you're unable to move your device.

**5. Props:** Gather a chair, blankets/cushions/bath towels, strap or scarf/tie, blocks or similar – and have them in your practice space before class.

**How does my practice space look to the teacher? Check your set up first. Set up your space now. (You don't have to wait for the meeting to start.)**

1. Open Zoom
2. Select New Meeting ["video on" button should be selected]
3. Select Start Meeting
4. Select Cancel
5. Set up your practice space and check your screen often to see how it looks – when you're seated, when you're standing. Figure out what you need to do with the camera to get the best shot. Just do the best you can.
6. When finish. Select End Meeting

### Using Zoom during class time

1. Set your screen to "Active Speaker View" if you want to see the instructor full screen; this is especially important during class time.

2. Set your screen to "Gallery View" if you want to see everyone else in class; this is useful to see everyone at the beginning and end of class. (This might not be an available option for cellphone users.)

3. Teacher can Mute All at the beginning of class, but you have to Unmute yourself at the end of class. If you have a question during class you are welcome to Unmute yourself to ask the question, but then Mute yourself after the question is resolved.

The above are recommendations. You have to work with what you have available to you. It's more important that you are able to come to class, and can hear and see the teachings.

**Namaste**