Acclimating Online for Asana and Anatomy Classes
Live Webinar with Heather Seagraves

HOW TO SET UP YOUR TEACHING SPACE

- Step 1: Check your light and sound!
- Step 2: Make sure your internet is STRONG and not being pulled on by too many other things. Hard line connections are best.
- Step 3: Find a place within your space that you can recreate as a studio/space for movement. Feel free to redecorate/rearrange to make it work.
  - You don’t need fancy lights; you can use the lamps in your home and make sure they are facing you.
  - Also, natural light is good so long as you can control it. Be sure not to point your camera directly at windows as to avoid being backlit.
  - Point lights towards the ceiling or the sides to avoid shadows
  - Ring Lights are very good for social media/video conference lighting.
  - You *do not* have to have a fancy light. Just a suggestion.
  - A microphone is also a good idea so that you can move more freely when teaching and for optimal sound quality.
  - If you’re not wearing one, put one near your mat if that’s where you’re teaching from. Better sound quality than a computer microphone.
  - Setup your frame so you can focus your view on ONLY what you want to see.
  - Set yourself in the frame so you can see your entire body in different shapes. Mark your physical best spot / center with tape.
  - Once you frame up, use tape to “spike” the place where your computer should go
  - Mark BOTH where your computer goes, mark where you need to stand.
  - Having your props in the frame so students can have an idea of what they might need for practice, much the way you would in a live studio setting.
  - HDMI Cables are useful for high speed connections between devices like screen mirroring with a TV.
  - You can offer an awesome class with just one device. If you have 2 devices you can set up alternate views for workshops but I do not recommend it for regular public classes.
WHAT TO WEAR

- Although of course it doesn’t really matter what you look like, it does help that you FEEL GOOD. If makeup, hair, outfit helps you with that, go for it.
- Make sure you choose clothes that allow your students to see your body and colors that CONTRAST your background.

GETTING YOURSELF ONLINE

- If you have a website or social media, make sure you make it clear for your students how to find you RIGHT NOW.
- Class Schedule on the front page, easily spottable PLUS instructions on how to connect
- Get creative about what to use for props! T-shirts, hand towels, pillows, water bottles, soup cans all make great substitutes for “official” props
- Research the best platform for you / your students (examples: union.fit, Namastream.com, zoom.us)
- Also visit yourya.org for more info about resources that offer discounts to YA members!

STARTING YOUR CLASS

- Greet your students as they join if you are offering your class on a live interactive component.
- Remember to use your words to describe what you are doing and repeat yourself a few times as people join.
- For interactive platforms you may both demonstrate and watch but live streaming requires you to model for the students 100%.

INTRO TO SETTING UP ANATOMY RESOURCES ONLINE

- You can share your screen to show your students online resources.
- GilHedley.com, Bandhayoga.com, anatomy apps, biodigital.com are all great resources to use.
- Great introductory books on anatomy: “The Key Poses of Hatha Yoga” Vol 1 and 2, Trail Guide to the Body, Anatomy Coloring Book
- Helpful anatomy tools: Anatomy Tape, Therabands, disarticulated skeleton is helpful to have and it’s a self study puzzle as a “bonus” to put it back together.
- You can use a TheraBand to demo how muscles work as an external visual

Stay tuned to yourya.org for continuing resources on teaching online!

Upcoming events are posted and announced on Fridays in your member bulletin.