>> Good afternoon everyone! I would like to welcome you to the yoga alliance community Songhai. I am excited to have Angela, who is my daughter. And Monique Schubert who is a very dear and a special yoga teacher. I want to begin by having us focus on breathing. Come to a comfortable seated position and let's take our right hand and place it right in front of you. Bring the two fingers closest to the thumb down. So you have the two fingers touching your palm and you have the index finger and pinky raised in the thumb. Close your right nostril with your thumb. Inhale into the left nostril. Close the left nostril, exhale from the right. Inhale into the right nostril, closed the right nostril, exhale from the left. Inhale into the left nostril. Close the nostril, exhale from the right. Inhale into the right nostril. Exhale from the left. A few more rounds. Inhale into the left closed the left exhale from the right. -- From the right. Inhale into the right nostril. Exhale from the left. And that is complete. It's an alternate nostril breathing practice. Balance is the right and left hemispheres of the brain. Brings you fully present into the moment. Simplify. Our life is frittered away by detail. Simplify. Simplify. Henry David Duro. Simplify is like reading your guidance. It allows you to get rid of unwanted clutter so you can appreciate the beauty of what you already have. Simplicity gives a sense of order, and spirit of renewal. Simplicity allows us to live in a state of grace get back to basics, find more time and energy. Once we simplify, we have energy for the things that matter. That matter most. Continue to breathe. My guest, Angela is a yoga practitioner. She hails from Rhode Island but resides now in Chandler, Arizona. Her studies include holistic lifestyle and maintaining a personal mantra practice. She also studies North Indian classical music. And she provides yoga flow classes and enjoys where she leads Kurt Tan she is a wellness practitioner. And can identify personal mantra is based on yoga text for individuals to incorporate into their practice.

>> Thank you so much.

>> Monique sees life as an extended project and she uses the tools of art, yoga, and music to educate and inspire and connect teachers and individuals. She is a certified teacher and she has worked with the rise program as a facilitator and teacher trainer. For the past 20 years, Monique has taught yoga and mindfulness in the New York City area. I am so excited to have both of you. Welcome, Monique. Let us begin with Angela, Dharma. Can you share with us some of what you know about the transition to online teaching? That's our topic for today.

>> I want to say thank you to the welcome and hello to everyone out there. I want to give thanks to yoga alliance. It's so great that we can get together in this virtual way in this time and I think that's part of, as I transition into online teaching it was because of these times. That's what really catapulted me, personally into teaching. I'm into teaching online because I needed to show up for community. There was stress and the unknown when shelter in place came in. To be able to create a yoga space and for me to be open and overcome my camera shyness, that has been away for me to show up for myself and to grow a community. Also, as part of this I realize I have really developed the art of listening. As I showed up for myself, wanted to make
sure that I was showing up for the students that were out there. There's a lot of beginners. There's a lot of people who are requesting, because of everything going on in the world, more restorative programming from what I normally teach. I had to listen and I think just listening allowed me a greater presence. I value my time but I have been able to teach and share online especially in these times.

>> Absolutely! I'm going to get back to you because I want to know more about the technological stuff. We will come back to that but I think the key of listening is so important but I want to have Monique, what do you want to share initially with our audience?

>> In July -- Angela and I had spoken before about the different ways we were teaching online. We had different experience is because I was teaching with other organizations. I was teaching the middle of a teaching training that had to go from in person to online. And I was teaching yoga and stress management and we had to go online in the middle of it as well. It was a little bit different to try to hold the space of an institution when all the assumptions were changed and upended. At first, it was called emergency online teaching and we didn't quite know what we were doing. There has been a lot of learning. I echo the importance of listening to what students were telling me was working for them or challenge or what they needed because of the conditions. Then, learning from other people. How did you do that? What's the best way to handle this or that aspect of being present. Hadaway extend my presence over a screen to a group of 20 or 30 people at a time. Those are the places where there was a lot of growth and learning early on.

>> We had a question, and that I think is interesting. Before COVID-19 I was teaching underserved communities and those people have no access to computers. I do not see how I can reach them. And I think that something people are finding and low income communities and other communities as well. I wonder what you think about that and then I will share what I think about that.

>> Sometimes it's about making the personal connection and you would be surprised. If people just have a link and they can get to it through their phone, I have had people show up for classes just by being able to provide the link. Also, just making sure that you do what you can to communicate with the community and you would be surprised, people are doing their own practices. Just share how. Share with those you are in contact with. Give them the best tools and then they can take that on their own so they are not fully reliant on the studio over teacher model.

>> The questions are coming fast and furious. Monique, can you give a comment on that as well?

>> I certainly had a situation with my students from the community college where the access to technology was not something we could assume. Some of the things I did that worked from their point of view is to record a message that could be replayed at a separate time and replayed on their cell phones where I'm answering the questions that had come up. Also, shifting the idea of what it is to teach. His address looking at me while I demonstrate things? Or how can I give you resources and support so you can participate in independent learning and we can talk about the results. That can happen over emails and things of that nature. I did try to craft some forest
bathing and birdwatching activities and shared it with my students and I got to read the comments and we got to have this extended dialogue. It wasn't just about the postures and breathing, and that showed me that there can be a dipper -- deeper type of learning online then maybe what you have gotten into in the classroom.

>> I just wanted to add to that when there's a community or groups of people with no access, one thing, we as yogurt teachers -- yoga teachers might do might lead them to a community that would provide support. In Rhode Island we have a church who would provide a used computer. You might look within the community to see what resources are available and guide your students to those resources. My eye is over here because there are some any questions coming in. How did you get this set up? Manny's Mac mini Oco teachers don't know how to set it up. What are the basics that one can do to begin to offer something online. Whether it's a full class or just a presentation about a particular topic?

>> For myself, zoom has been a great platform. I think there was one upgrade may be in May that a few people had to go through the upgrade before they had to log into class. That was feeling platform and she we had. It's complete and many devices can use it. You can also phone in and record the sessions. So that's always available that you can then download to another device or share in another way. And you can switch to presentation mode. You can share your screen. I know for some of my classes, that way we could go from having a dialogue but also share screens so I know that we are looking at the same information. Zoom, Google chat has created a new hangout to rival with zoom. I don't know what other tools, Monique, that you might be using?

>> I echo all of that with zoom. I have been using it for meetings that I had been having prior to COVID-19. One thing that has been new and fun is Instagram life which a lot of people do have Instagram and similar to zoom it will record your time that your present online teaching and you can save that if you save it to Instagram TV it will be there for quite some time. That's fun because people can't see it's open to anyone who follows you or if you have a public page, anyone at all that happens to come by and people can comment in real time. They can jump into your video if you invite them and allow that. That was a little scary the first time I did it, but it was a lot of fun and when I was in a place with my students where some of them did not have access, I was like, would be better if we did things on Instagram? Some of them wanted that option because it was a familiar platform for them.

>> Someone just said, I have heard that people have zoom fatigue and don't want to log on to another thing online. What kind of language would you suggest that we use to address this type of feedback? If someone says, I want to take your class, but I can't. What would you recommend?

>> Part of it is understanding, Monique, go for it.

>> I think his infancy is a real thing. Some of it is timing. Sometimes your own there for several hours and you don't have much agency about your involvement. So perhaps, people being able to access your classes at another time. But also, I had to learn to take regular breaks after looking at a screen and out the window. When I'm teaching a long day, which sometimes I was in the programs, it's not as easy to feel when people are pretty -- fatigued and drifting off. We, as facilitators had to realize that we were not always keying into the energy of the group and
making a point to build and break so that people can hang in there and be energetic of the duration.

>> Go had commented you have a thought about that also?

>> Part of it, Monique touched upon is building into bricks but also, it's us in a classroom as well just understanding working through the internet is different than working a studio class. With that dynamic, checking in with people and what I found, and I found my classes are shorter because I'm allowing breaks where they are on their back or we are just sitting up processing the postures. That's one take away as I set up and plan what the classes are appearing I have a plan in my mind.

>> A few people have asked, how do you reach a new group? How do you reach new students? Is there a way that you recommend? This person is saying that they had to have their whole studio put on hold. But struggled to build new relationships. How would you recommend, or what do you think one might do to attract new students?

>> Is the same as the network as much as possible. Word-of-mouth is how my business runs and I use the social media for that purpose and to engage in social media. Especially in these times we are relying on those tools.

>> I agree with what Angela is saying. You have to market. Her friend is the computer and internet and sharing with different groups will help to attract new clients or creating your own blog or participating in other people's blogs about the yogurt that you are teaching. How can I visually cultivate a space in my home for teaching that is inspiring and appealing especially for those of us living in small environments. Monique, answer that and then we will go into that.

>> Right over here I have a dedicated wall. I have a small apartment and I have to move furniture when I'm ready to teach in a class. I put the tapestry there because it helped me mark off the space. It becomes consistent. So you do have to make some rearrangements and that wasn't the first place that I started in but it was the one that I think works the best and I can get my camera about 11 feet away from the wall that allows me to see -- which allows people to see my whole body. There were different configurations before I found one that I'm happy with and I have seems no Maxine other folks with really elaborate places. Some are really dedicated and some looks like they are just in the midst of everyday life. All of that is OK because people are coming for what you are offering in the end.

>> I just want to say, if you are comfortable in your space it's going to radiate through students will see the classes comfortable and you're not nervous teaching where you are or trying to move things in the middle of class.

>> Get it all done ahead of time.

>> Really minimal, and that's why set up this way. This is my classes set up. This is it. I can move and adjust the laptop and I've been working with my laptop for the majority and I've been working with different cameras and using my phone and my iPad. I have tried different devices but my tried and true is this set up right here. It's as neutral as I could get within my house and the lighting could be just so. I think simplify. That's where I really appreciated where my opened
us up with simplify. The turn -- the transition to online, I wanted to simplify where my location was. I might have one bolster, and that's it. I try not to have too many things and just make sure that people can see my Matt. Outside, I try to be outside and that's OK but a lot of distractions can come through. I found this simple location really works the best and I try to keep it consistent so as I film, as things get recorded, I thought having that background consistency was really good as well.

>> Yes, thank you. I currently teach for free online to support others. However, I'm looking to move as I have no other income right now. How much is reasonable to charge for a 60 minute class?

>> Definitely, speak to the people who have been coming. And request that you be compensated for your time and energy and they understand

>> TUC to -- do you use to screens to see more students? I enjoy zoom and I have my students clients position their own camera so I can see them as best as possible and we can really; I can provide the feedback.

>> Monique, could one or both give us a general best microphone and or lighting? I'm guessing you both have experimented with many. Go ahead, Monique.

>> I have had a lot of good luck using beachheads phone -- beats headphones. I think it's better than when I used the microphone on my computer because it cuts down on ambient noise. I never know when there's going to be horns or whatever. This is really the only headset I have used but I am on my second one. In terms of late, as much light as possible. I have a little light near me to try to make the visibility improved. You just want to be well lit and clear and some of the feedback I have gone from students is that they really want to make sure that they can hear. Sometimes they might not even looking at the screen because they are in a pose that does not allow it. You might have a beautiful picture, but if the sound is not good it might not be good for what you are offering. You do have to troubleshoot things to find out what's going to work for you.

>> Angela, are you using a zoom room?

>> No. I have not used zoom rooms I just use standard zooms. How about pre-recording classes? There are so many questions. There are 60 questions and I'm trying to get them to you.

>> I'm going to be stepping into that a little bit more. Right now, and attaches back into The quality and time to allude to whatever your hosting site is.

>> May be the first one where I will demo and they are watching me, and I can talk them through the postures. Then, allow them another time. Generally, that's where the timing and sets change because we are going to experience posture three or four times. That's where we can work with the zoom.

>> I have to do the opposite because when I'm 10 feet away from my screen so students can see me, I cannot see what happening in every little box. The teaching I was doing, the way that
it was set up, you might be trying to move through a particular sequence of poses so students get to touch all of these different poses. I love that way of teaching and when I'm in a room with people I walked into the repetition and I felt like we were focused on cuing and moving the body and giving the school experience. I had to sacrifice being able to see my students demonstration of poses in favor of giving clarity and in my expression of the posture believing time to take questions at the end so no one leaves their feeling like they were not sure about something and they did not get to ask the question. It's not ideal but it's a workable solution. I know teachers who have two screens where they could actually see. Maybe they are looking at the people on the laptop and assuming from their phone. But I don't have that set up myself.

>> They think Monique brought up a very good point in doing the yoga teacher training and we have a zoom component for that. It brings up a good point because the teacher trainings that are going through that is finding consistent say. That's the language eating that is really needed versus just doingâ€¦ Just offering up private class.

>> They are on the big screen, and then I can really see them and also give them feedback about their cueing and poses in all of those things when I am really the recipient of the teaching I was able to get that information from the students.

>> Someone says Angela, are you using an external microphone and how far is your laptop? How many feet in front of you is your laptop?

>> The best way to position the laptop for me, it's always been as long as you could seeâ€¦ You could see the mat clearly so it's maybe about four or 5 feet from the edge of the mat. I have gone withâ€¦ I have done both. Using what you have. I started with what I had and tested out different things. It worked for classes. Everyone was fine with the sound. The quality was good but it was in the recordings that I heard the background noise of the computer into the fan. That's when I had to step up and go to the earphones. I'm in the Apple family so I've just gone to the air pods and I'm finding that they are very good. They work well. I'm eager to use them because

You just get in and you start. Set up the camera and start. Hit the record button. Let me make changes he had to go again. I really enjoyed the live stream because it's just the live stream and there. It's for the students that I decided to record and share with them. I would like to maybe put some on YouTube but that's the beauty. You can go put that up on YouTube.

>> But it's almost like you have to practice, practice, practice.

>> With YouTube comments the same thing. Just hit the record and post it.

>> How many people are in your class?

>> My classes in the Bronx average about 25 students in each section of the class. We wrapped the teacher/training

>> My regulars can be set up, and maybe depending on an opening, or knowing a few friends we will pull together.
>> Do you stream music on zoom? And how do you do this to make this sound clear as about?
-- As a bell.

>> Sometimes I will play music at the end. The thing that worked best for me is to switch. This is during show Voss, and I don't play music the whole time. It's to switch from my microphone to the computer and I would just put my phone near the computer microphone and play yoga relaxation music very close to the computer but -- but at a low volume so the sound is very clear.

>> I found that even though in studio I would normally play music I think I've been seeing so many beginners come through that the only music that we have is just for the meditation and I might use a singing bowl. It's something different but I think it's part of that simplified part of the discussion.

>> If we were to think about what are two main points that we want to leave with our students, and we still have about seven or eight minutes but I'm just trying to… You get waivers from your students?

>> I think I got one at the beginning, but it might be part of the sign-up process. I think everything as I'm learning, it's a work in progress. That came up as part of the options for assuring the classes last night. This is a living thing that I'm experiencing. Also, just recognizing that we are doing this morning. The plan was to be back in the studio, but I have to get that up to make sure that it's up and going.

>> Someone said that they used a microphone. $50 at Best Buy.

>> I want to interject something on the topic of waivers. Because I'm speaking about it my institutional teaching, that was not a guarantee. So it's not along there with a rate -- waivers. You want to make sure that logistically you have ironed out all of the questions before you get into trouble. That's not the case with any company.

>> Our two important things! There are so many. Do either of you ever use Vania?

>> I do. Because the videos I make for my students in the box -- Bronx were just for them, that's a place where I could hide them on the internet. I make videos in advance and share them with my students in the Bronx. I do use that for that purpose.

>> Someone says, the Bluetooth headphones do not work with Zoom. We will put that out there if anyone knows they can shoot that in the chat box. We talked about music! I cannot get through all of these. Could one of the you demo something so that we can see you teaching?

>> I'm the one with the set up here. So we would start in seated meditation. I would take my cushion away. Then you can see me here. My kneeling pose. This is where I would come back and open this up a little bit. Just making those simple adjustments. Just giving them that and that's for me to always have that head turn. Then if I wanted to show further down for the feet! I just make that adjustment there and give them the opportunity to watch what I'm doing here. And then we could just talk about what's going on in the puncture. I found that this set up just really works and if I want to move it because it's my laptop, I could easily swing it so that they
are here at the front of the mat. So now we are here talking here. It's just something that has worked out. Working with beginner students, when I'm ready to go, we do salutes. I might prop it up a little bit higher and I am able to do a standing posture with them. It's just a matter of having the right tools available and that's where we are doing it. Right now I'm not quite happy with this because they cannot see my legs. We had just gone through a series of postures. So they are really OK to take a minute so you build it in.

>> Yes, this is wonderful. Someone asked about sound bowls, we talked about that. Let us bring this toward and and let everyone know that I will be happy to have you back or have you do a webinar together. Because we have so many people that have signed in for this. It's really amazing. Let's make one thing that we want to share. Go ahead, Monique. What's the one thing that you are sharing with our community today? In addition to all that you have already shared.

>> I want to share that something I toured my yoga teacher training students on the very first weekend of training, we had to use the computer that within this computer, one of the material elements that makes it worth it is a tiny bit of quartz crystal which is in the processing chip. There's still something organic that we are able to contact to make this connection with other people even if we are very distant. I wanted to highlight the magic of being able to see each other and talk to each other through this tool at a distance and be open-minded about the possibilities.

>> Thank you, Monique Schubert. Beautiful.

>> I have to take further affirmation of what Monique offered. We can connect through this medium and we can have a yoga community through this medium and that has supported me through the whole time. I've been so grateful for every student and everyone who provides me an opportunity to experience yoga now and whether it's teaching it, discussing it. Just being in community and in the meditation circles. They have really supported me. So I'm all for everyone doing the live stream. Let's connect with each other.

>> Amen! Thank you both! Monique Schubert and Angela Dharma had to let's join our hands into an easy pose, place it in your lap and we will chant the sound in order of our time together sharing about transitioning to online teaching. Take a breath in. I honor the light within you. I thank you both and we will be back on this topic get again.

>> Thank you so much!

>> Thank you everyone.