



Online classes and workshops preparation

IMPORTANT

By signing up for online classes you agree to this [disclaimer](#). Also, you promise not to record the classes and/or communicate the links to other people who have not booked for the classes.

Please complete an up to date [confidential registration and health form](#) before your first online class.

Pascale Vacher is offering online (live-streamed) classes and workshops on the Zoom platform. These are much like 'real' classes or workshops that you can attend from your home. You can see the teacher and the teacher can see all the students and provide instructions and corrections, individually or to the group.

This document is to help you with:

- [Checking Timetables and prices](#)
- [Booking for a class](#)
- [Preparing for online classes](#)
- [Joining a Zoom live-streamed class](#)
- [Finding out more about Iyengar yoga classes](#)

The only things you will need are:

- an internet enabled device (computer, tablet or a phone)
- a quiet space
- some yoga equipment (a mat, a belt, a blanket, and some blocks - possibly a chair - not necessarily a yoga chair). You will be given alternatives if you do not have certain props and you can use your imagination to find other props you might need from around your house. Also, if you would like to borrow or purchase some yoga props, please ask.

Checking timetables and prices

[Timetables and prices](#) are available on the website. They may be updated, and classes may be added. Any changes will be communicated via email to those who have booked for the classes.

A **5-week subscription** is offered to give additional flexibility and simplify bookings and payments. You can choose to book for a single live-streamed class per week, 2 classes per week or any number of classes per week. The first taster class is £6. When you first join after that you only pay for the classes remaining in that block.

For concession rates and 1:1 (or small group) classes, please [contact me](#).

Classes are for specific level of experience or with a particular focus.

- **Level 1** classes are open to all. **Level 2** classes are suitable for those with at least one year's experience with Iyengar yoga. They may include shoulder stand and preparation for other inversions. **Level 3** classes are for those with at least two years' experience with Iyengar yoga as they can include head stand and other inversions. If you are not sure about the levels, please ask. Level 1 (Beginners) and Level 2 (General) classes are 1 hr 30 mins long, Level 3 (Intermediate) classes are 1 hr 45 mins long.
- **Active** classes (Levels 2 and 3 only) are 1 hr long. There are slightly faster-paced classes with some sequence of poses linking into each other, some jumping (optional) and active poses to follow along safely. As such they are not suitable for beginners and people with medical conditions (pregnancy/back issues/other health issues which need special attention).

Occasional **restorative** classes are 1 hr long and booked separately. They focus on restorative practice leading towards simple pranayama. They are open to all levels. Props needed are 2 blankets, 2 bricks, 1 belt, 4 foam blocks, 1 bolster or firm cushions and 1 chair (not necessarily a yoga chair).

Additional, longer, **weekend workshops** are booked separately.

Booking for a class

To book a **class**, a **block of classes** or a **workshop**, please [contact me](#) to check availability. The **payment details** will be sent to you when you book.

Once your booking request and payment has been received you will be sent a **link** and a **password**. For regular classes, a weekly password will be emailed to those who have booked at the start of each week.

Preparing for online class

To help you make the most out of the class:

- Clear a space and have your mat and other yoga props close.
- Place your device in such a way that your camera picks up your whole mat and as much of you as possible can be seen when you are standing on it. You will see this on your monitor once logged in to Zoom.
- Let your family and people who live with you know you will be in session and ask them to refrain from disturbing you.
- Turn off all notifications on the device you use to view the class.
- Once log in (see below) set Zoom settings in full-screen mode, focussing on the teacher in "Speaker View". You can also arrange to see yourself in a small overlay so you can check how the teacher see you and possibly make some adjustments to your camera.
- It is easier to see you if you wear light coloured clothing.



And here is a 'blue Peter' solution for those of you using phones or small devices and struggling to keep them upright during class.

Joining a Zoom live-streamed class

Before joining for the first time, you need to [download and install the Zoom app](#) (free) on your device.

To **log in**:

- Click on the link given to you when you booked for the class.
- Enter the **password** when requested.
- Put your **full name** to sign in so I can recognise you in the "Waiting room" and let you in in the class (e.g., "IPad" or "Jo's phone" will not do).
- Once the meeting is open (i.e., the host has started the meeting) you will automatically be placed in the "Waiting room".
- Once admitted in, click on the "**Join with (internet) audio**" or "**Use this device audio**" button. Your microphone will be muted on entry and through the duration of the class, but you can send a chat or unmute yourself temporarily by pressing the space bar on a computer or the **Unmute** button if you have a question.
- Check that your camera is on and that the teacher can see you clearly.

If you are not sure, do not hesitate to contact me. We can arrange a time to do a mock login to make sure your set up is working.

If you experience any problem logging in at the start of a class, please send me a text or call me to get help. I can only help **before** the class gets going, so please sign in early, at least 10 mins before the class starting time.

Finding out more about Iyengar yoga classes

For additional details about Iyengar Yoga and your teacher, whether you are fit enough for class and which class will suit you best, what to wear in class, when you can eat before class, whether you can take a drink during class, how to get equipment, etc. please see our [Iyengar yoga classes Q&As](#).

If you have any question, please contact me (pascaleyog@gmail.com or 07941646418).

Looking forward to 'seeing' you soon.

Pascale