



Online classes/workshops preparation

SADIY is now 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.

To attend a class online the only things you will need are:

- an internet enabled device (computer, tablet or a phone)
- a quiet space
- some 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 your teacher.

Preparing for class

To help you make the most out of the class:

- Clear a space and have your mat and props close. Use your imagination to find the props you might need from around your house, e.g. a couple of blankets, cushion, a stool, or a chair.
- 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.
- 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

Once you book for a class you will be sent a **link** (and possibly a password) **to access the class**.

Before you can join a class for the first time you need to [download and install the Zoom app](#) 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 in so the teacher 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 experience any problem logging in at the start of a class, send the teacher a text or call to get help. The teacher will only be able to help before the class gets going, so please **sign in early**, at least 10 mins before the class starting time.

Agreeing to the disclaimer

Your online attendance means that you have agreed to the condition set in this [disclaimer](#).

Looking forward to ‘seeing’ you soon.