

Dear

Thanks for registering for Zoom yoga. I like to teach via Zoom for a couple reasons.

Most importantly, because I like to have an interactive class where participants can ask questions and chime in if they need clarification about something. I also like that Zoom allows me to see my students in real time, so I can tell if what I am teaching makes sense and I can give suggestions and/or words of encouragement.

Online yoga works **best when you're using a laptop** with a camera at the top (if you have one). This allows you to see all of me and it allows you to adjust the camera so I can see how your body is moving. When I can see how you are moving, I can give suggestions and encouragements to help you. You can also use a tablet or phone, but if you have a laptop, please use it.

How should I set up my laptop and mat?

Set your computer far enough away from your mat so I can see the full side view. Ideally, I should be able to see the whole long side of your mat. I will open Zoom classroom 10 minutes before we start, so you can come early and get set up.

How do I make it so you are the only person I see on the screen?

Once you sign into Zoom click Speaker View in the top right corner of your screen. This should make me the biggest tile. Then minimize the smaller tiles that are still showing other yogis, by clicking the smallest rectangle in the top left of the multiple tiles.

Will everyone be able to see and hear me?

No. When people select Speaker View and minimize the other tiles (as described above) they will only be able to see me. Once we get started, I may mute all of the participants if there is a lot of background noise.

If you have any questions email me!

See you soon,
Elizabeth