

## Guidelines before doing Live Online Classes

Please read the following helpful guidelines before your Yoga or Meditation Class whether that class be delivered in person, or Live Online.

These guidelines are divided in to four parts:

1. General Guidelines before practising Yoga and/or Meditation
2. Guidelines before participating in remote/online classes
3. Tips on how to use the interactive online platform Zoom to receive your classes
4. Payment details

### 1. General Guidelines before practising Yoga and/or Meditation

#### Your Health and Well being

Before taking part in any Kath Turner Yoga classes, workshops or events you are required to fill in a "Health Questionnaire". If you are a new student you will be asked to complete a Health Questionnaire and submit it to me before you take part in your first class. This is to help ensure you practise safely. If you are an either an existing student or a new student to Kath Turner Yoga it is your responsibility to ensure that your Health Questionnaire details are kept up to date and you agree to informing Kath Turner of any changes to your health.

Always remember yoga is a non competitive practice. When practising please always listen to your own body, and the teacher's guidance and come out of a posture early if need be. This will ensure you are working within your limitations and practice safely. If you do come out of the pose, stand or sit quietly and rejoin the practice when you feel ready. If you feel any pain within a posture this is a clear message from your body to come out of the pose immediately.

#### What to Wear

As you will be moving the whole body, please wear something loose and comfortable, so that you don't feel restricted in your movement. For safety practise barefoot or in yoga "toe sox" Remove any dangling jewellery. It is best to avoid eating directly before your class. Eat a light meal with at least an hour and a half to spare before you begin your class.

#### Yoga props

Before you start ensure that you have your **yoga props** to hand (A yoga mat, a long soft belt, yoga block(s), a yoga brick, a blanket) You may also like to have a bottle of water with you.

If you are taking part in a **meditation class** an upright chair for sitting may be helpful or alternatively if you are sitting on the floor for your practice you may wish to have a yoga block, wedge, zafu (supportive meditation cushion for sitting) or meditation stool.

## **2. Guidelines before participating in remote/online Yoga and/or Meditation classes.**

### **Maximising the experience of a remote/online yoga session**

Being in a remote/online class is a different experience to being physically present with a teacher in a group setting. You may be attending remotely because it is not possible to physically attend your regular local class, or you may be attending a remote/online class because it offers the opportunity to work with a teacher who ordinarily lives too far away for you to attend regularly.

Remote teaching may be offered in a number of different formats. You may be attending a live streamed secure session that enables interaction between you, the teacher, Kath Turner and the other participants, or you may be watching or listening to a pre-recorded session that has been provided by your teacher, Kath Turner. Live streamed secure sessions with teacher/student connectivity and interaction are the optimum model for remote teaching; but this may not always be possible or practical. Therefore, in which ever way you are enjoying your yoga/meditation practice; the following guidance notes will help ensure that your experience of remote/online teaching is as enjoyable as possible.

Following these guidelines will enable you to maximise your experience of remote sessions and, in live streamed classes, to connect with the teacher and your group, albeit virtually.

### **Health Questionnaire and Assessment for remote classes**

Before taking part in a remote session you must have completed a Health Questionnaire and acknowledged your understanding of the remote learning disclaimer. If you are an existing student you do not need to complete an additional health questionnaire but you will still need to acknowledge the remote learning disclaimer and notify Kath Turner of any changes to your existing health questionnaire. Your attention may be drawn to this disclaimer in different ways: - via the website [www.kathturneryoga.co.uk](http://www.kathturneryoga.co.uk) and/or by inclusion documentation or emails sent to you by Kath Turner. If you are a new student you may also be asked to go through a brief online or phone assessment interview. This is a one off process. A verbal screening before each session will still take place and this is when you should bring to the attention of your teacher, Kath Turner anything that is new and current, in relation to your health, for the session you are about to participate in. (alternatively you can e mail Kath Turner this information before the class)

### **Your Responsibilities:**

Your Yoga teacher Kath Turner is unable to risk assess the space in which you are practising, to the same degree that is possible in face to face teaching.

Therefore, you must be aware that by participating in remote sessions you agree to be responsible for ensuring you are practising in a suitable remote, clear environment, and that you are healthy enough to participate. Kath Turner yoga follows “best practice guidelines” and it is your responsibility to follow these student guidelines, as your commitment to keeping yourself safe and injury free.

**GDPR:** The Live Online Classes are not recorded. If however you are taking part in a live streamed session that is being recorded you will be notified of this in advance and asked in advance to give your consent to this, in accordance with GDPR legislation.

### **3. Tips on how to use the Interactive Zoom Platform to receive your classes.**

Your Live Online class is delivered via the interactive video platform Zoom.

**You will require** a computer with speakers, a microphone, video capabilities and a high-speed internet connection.

You will need to download Zoom before you join the classes and you will also need to have Google Chrome in order to access the audio (which can also be downloaded if you haven't already got it)

Zoom is best received on a lap top, although an ipad or mobile phone can be used if need be.

You can join from your Laptop, ipad or mobile phone. From your laptop go to the website [zoom.us](https://zoom.us) and select the "download" option

From your phone you can find Zoom in your App store.

Downloading Zoom is free.

You don't need to pay to access Zoom as a participant

If you have the Zoom App you can use the meeting number sent via my email

If you don't have the Zoom App you can just copy and paste the link (sent via my email to you) into your browser window. Once you've pasted the link you will be prompted to 'Open Link', then a box will open with the live feed – just click on the 'Join with Video' button on the bottom right of the page.

Have your computer audio (on your keypad, top row of keys) turned fully up. Additionally use a microphone to help improve sound quality.

On the screen, press on "Speaker View" (and not "Gallery view") this is the icon on the top Right hand side of your Zoom screen once you have logged in to the meeting. This allows you to see the teacher on full screen and not the other participants.

It may be helpful to press "don't show preview" as then you should get the full screen of the host and therefore be able to see the yoga teacher on your full screen (rather than just seeing the teacher in a small picture box on screen)

In order that there is no audio interference/feedback it is best to mute your zoom microphone (button on the bottom left hand side of zoom screen) As the host/teacher I can

"mute" all participants' microphones from my device if need be and I usually do this once we have all met on screen and before the class starts.

Please ensure that when you are using your device to receive Zoom online classes that there are no other devices in your house pulling on the internet as they may interfere with you receiving Zoom clearly.

Zoom has a good FAQ page on their website and there are some helpful tutorials on YouTube just type in "How to Zoom" and choose the most updated video and/or you can get these videos on Zoom's own website at [zoom.us](https://zoom.us)

It is useful to allow yourself 5 minutes before the class just so that you can get settled in the space and have everything you need available to you. Find the best place for your computer or mobile device where you can easily see and hear the instructions. Please log in on time for your class (or a couple of minutes before)

#### **4. Payment details**

Payments can be made online via the website ([www.kathturneryoga.co.uk](http://www.kathturneryoga.co.uk)) or alternatively [contact me](#) to make a payment

#### **Block booked classes**

By booking for a block of classes you are paying to receive classes for that particular month or term. There is currently no facility to extend payment (to the following month) or receive a refund.

**If I cancel a class** or, if for any reason there is an internet or computer problem my end then any monies paid in advance of the class will either be reimbursed or extended to another class.

For full Terms and Conditions please refer to the website [www.kathturneryoga.co.uk](http://www.kathturneryoga.co.uk)

I look forwards to seeing you for an online class!