AVOID TECH TROUBLES BEFORE YOU EVEN GO ONLINE

Do the best you can to mitigate tech troubles using this checklist but remember to roll with the punches if you still have tech problems!

- Restart your router
- Turn wifi off of unused devices
- Restart the devices you'll be using
- Clear your browsing data
- Close all unnecessary apps + windows
- Turn on 'Do not disturb'
- Keep your system software up-to-date
PRODUCTION SET UPS

No yoga space is absolutely perfect. A lot of students (and teachers!) are working with small spaces, shared housing, and less than ideal lighting. Work on your own set up, but also ask your trainees to do the best they can to enhance their set ups as well.

Camera Angle

- Yoga mats parallel to their cameras
- Far enough away for their whole body to fit onto the screen (standing & lying down)

Lighting

- Lit from the front & sides
- Not back lit

Audio

- Bluetooth headphones with mic (if you would like to converse back and forth with students).
KEEP YOUR STUDENTS ENGAGED

"Zoom fatigue" and online learning exhaustion is real. Use these tips to keep students engaged.

Content Delivery

- Deliver content in bite-sized pieces - shorter concise videos
- Give ample breaks in between lectures and asana practices
- Online learning can be more efficient - as such, shorten what you normally teach in person

Build Community

- Find ways to organize online gatherings outside of class for students to connect and go over course material
- Have an online forum for interaction in between sessions

Use the Chat

- When teaching live, ask questions regularly during lectures and asana practices so students can share their thoughts and stay engaged
Upcoming Training & CE Course:

The Art & Business of Teaching Yoga
16-Hour Online Continuing Education Course
November 21, 22, 28, 29 | 8-11am MST
live & recorded

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