

## **Online Yoga Classes - Guidance for Students**

Due to lockdown, all of our yoga classes are taking place on Zoom. Here are some guidelines to ensure your safety and enjoyment during these classes.

### **The student's responsibilities**

- When practising online, the teacher cannot identify risks in your surroundings, therefore, you will be responsible for the safety of your own home during your practice.
- You are also responsible for practising within your own competence, especially if you choose not to switch your camera on, as the teacher cannot easily observe and provide you with guidance.
- It is your responsibility to inform the teacher in advance of any physical issues or injuries you may have, so that guidance and adjustments can be given in light of these.

### **Personal privacy**

- We recommend that you have your camera switched on when practicing with us on Zoom so that the teacher can provide some guidance where possible. However, you may choose to practice with the camera turned off for privacy.
- Some classes are recorded and uploaded to our website and/or Youtube channel, but these recordings only show the teacher and not any of the participating students.

### **Payment**

- With the exception of the classes specifically labelled as free, yoga classes on Zoom cost £11 for adults or £7 students and children, with payment being made via Paypal using this link - <https://paypal.me/beinspiredby> - or via bank transfer to the following details - sort code: 20-35-32, account no: 73230457.
- This is a matter of your individual consciousness and we trust that you will pay the teacher for all classes you attend.

### **Here are some tips for joining and getting the most out of an online class**

- Work out where you will practise and set up your mat and any props you might need.
- If practicing with your camera on, set up your device with the camera positioned so that the teacher can see you clearly.
- Make sure that any cables are safely out of the way so as not to cause a risk.
- Tell your family or the people in your house that you are practicing so that you can enjoy the class without being disturbed.
- Close other applications on your device and switch off all other devices so they don't interfere with the connection or distract you from the class.
- The links to join our Zoom classes can be found on our website, Facebook and newsletters. Ensure you have downloaded Zoom in advance so that you can click on the link and join the 'meeting' when the class begins.