

Recommendations for Live-stream Classes

We would like to recommend the following tips for getting the best possible experience of interactive live-streaming yoga classes using the Zoom platform:

Before Joining the Session:

- Register at least 30 mins prior to class on the ILYS website under class schedule as you usually do but this time select 1 or 6 classes at the online streaming rate.
- Plan to join a session 10 minutes before the start of the session. We will send you a link 15 minutes before the session starts.
- Have your props nearby: sticky mat, two blocks, three or four blankets, one or two belts, metal folding chair (if you have one), a wall you can use behind the mat. If you do not have these props, look around your house for substitutes (chair seat or couch, table, towels or pillows)
- Place your laptop or other device you plan to use (iPad, desktop computer, etc.) on top of a chair or tabletop with the screen (and webcam) easy to adjust the tilt of.
- Place the webcam device far enough from your mat so that your webcam can see the entire mat, as well as your head if you stand in mountain pose. That way the teacher can also see you from their screen.

After Joining the Session:

- When you have joined the session, make sure you can see & hear the teacher. You need to select VIDEO ON when zoom launches and check that AUDIO is ON once in the meeting room. You also have the option of selecting not to be seen by having VIDEO OFF.
- At the beginning of the class, choose GALLERY VIEW in the upper right hand corner and come closer to the screen so we can see each other. You can check in, meet your class mates, tell the teacher if you have any aches or pains and get your questions answered.
- For the teaching segment, choose SPEAKER VIEW (with only the teacher's frame filling your screen) so you can easily see what they are doing. GALLERY VIEW shows all participants and teacher with equal-sized icons. The location of this option depends on which platform you are using (whether Mac/iOS or Windows or iPad).
- Expand to FULL SCREEN mode if you wish, to have a larger view.

- As screens and devices are different sizes and provide differing amounts of resolution, it may be helpful for you to get closer to the screen while demonstrations are being given, or even while the pose is being taught. Please feel free to do so if it will improve your experience.
- The teacher will MUTE all students so there is no background noise while teaching. If you have a question during class, raise your hand to get the teacher's attention and UNMUTE yourself so you can ask your question. Alternatively, there will be an opportunity at the end of class for the students to share and for the teacher to address questions.