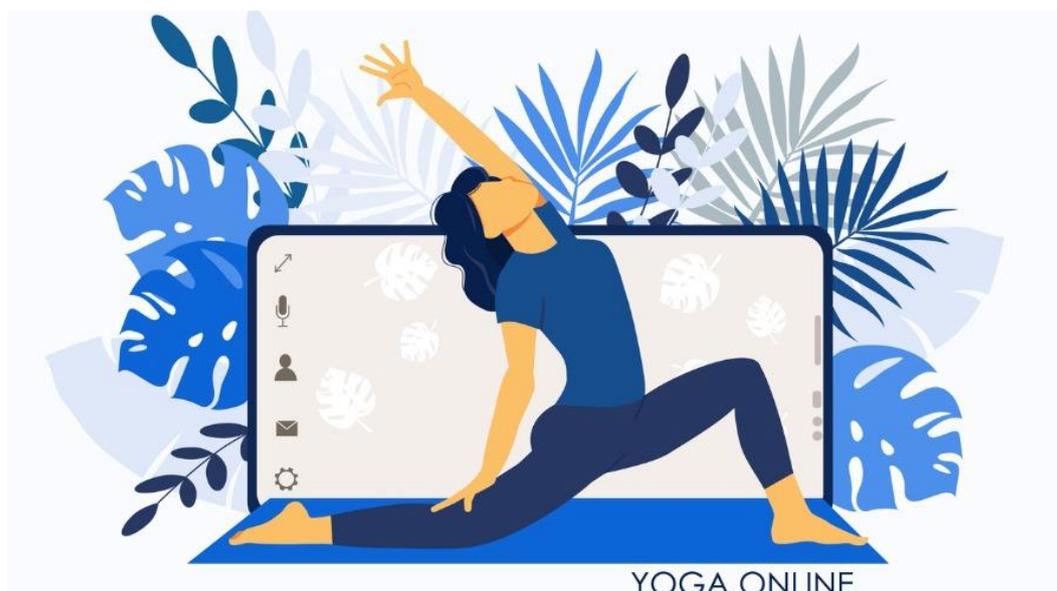


## A 3-step guide to help yoga students with online Zoom classes



This printable guide will help yoga students participate in online Zoom classes. It covers setting up camera angles, useful equipment to support the online experience and tips on Zoom controls.

### Step 1 - Choose a space

- Clear a space that's at least as wide as a yoga mat.
- 4 to 5 paces between you and your camera is generally a good distance.

### Step 2 - Equipment

Decide on the screen you'll use to watch your teacher and the camera that will enable your teacher to see you. Here's 3 options:

#### **Set-up 1 - Use a HDMI cable to connect your laptop to a tv screen.**

Because tv screens tend to be larger than desktop or laptop screens, this set-up will give you good vision of your teacher during the class.

You can buy HDMI cables online, at technology stores and at some supermarkets. Expect to pay around AUD\$75-100.

You can use the camera on your laptop for your teacher's view of you. Remember that

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This guide can be used by any yoga teacher or school to support their students with online class participation. The guide cannot be sold or traded, and the content cannot be altered in any manner.

to position your laptop's camera, the range of movement you have will depend on the length of the HDMI cable.

### **Set-up 2 – Use your desktop and a desktop camera.**

This will probably give you better vision of your teacher than the average sized laptop screen.

If you don't have a camera on your desktop – you can buy one online or at a technology store and some supermarkets. Expect to pay upwards of AUD\$20.

Remember that to position the camera – your camera's range of movement will depend on the length of the cable that connects it to your desktop.

### **Set-up 3 – Use your phone as a camera and your laptop/desktop as a screen.**

This is a good option if the space available to you makes it difficult to position the camera well. Angling the camera downward from a high viewpoint can help. But sometimes it's just not possible to frame your whole body in the viewfinder.

If that's the case, ask your teacher whether it's better to position your camera so that it crops either your feet or your head from view.

A flexible phone tripod can make it easier to find ways to prop up your phone. They can be placed on desks or wrapped around table legs, shelves, and other supports.

Buy them online and at camera or technology stores. Prices vary from a little to a lot. Models in the region of AUD\$25/\$30 are generally adequate.



### **Internet service**

Streaming requires reliable wi-fi.

If you're using a room that's a long way from your internet router and the signal is weak, you can tether your laptop to your smartphone's wi-fi (see notes on tethering below).

You can also try a wi-fi signal booster (sometimes called a range extender). Buy them online and technology stores (or even at some supermarkets). Devices plug into standard electrical sockets. They're best placed midway between the room you're practicing in and wherever your router is located. Expect to pay about AUD\$60.

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## How to tether a device

**USB tethering** - USB tethering is a quick way to get a fast, stable connection. Because it's wired to your computer, the internet connection is exclusive to that device. This means your internet connection won't be slowed down by other devices on the network.

**Android** - If you have an Android phone, plug your charging cable into your phone, and the USB end into your computer. Go to Settings on your phone. In the Wireless and Networks section, tap 'Tethering & portable hotspot'.

You should see a 'USB tethering' option. Ensure the cable's plugged in or this option will be greyed out. Click it, wait 30 seconds, and refresh your browser. Once refreshed, you should be online.

**iPhone** – For an iPhone, you'll need the latest version of iTunes downloaded to your computer.

Once you've opened iTunes, open your iPhone Settings. Select Mobile Data > Personal Hotspot or Settings > Personal Hotspot. Turn on Personal Hotspot and plug your iPhone to your computer via USB. Go to network settings. Your laptop or desktop should pick up your iPhone as a wired connection. Once you join this network, you're online.

## Step 3 – Preparing for a class

- Once you register for an online class, your teacher will send you a Zoom link.
- All you need to do is click on the link. When your teacher arrives to class you'll be taken into the meeting/online class.
- To turn audio on or off, click the microphone icon on the Zoom interface. Having the audio off during class will cut out any background noise at your home. To ask questions, you will have to turn the audio on again.
- Zoom is designed for conferences so will prioritise a view of whoever is talking. To fix Zoom to your teacher's display, go to the interface and select 'Pin Video'.
- Finally, if you're new to Zoom or trying out new equipment, allow 10 to 15 minutes before class to test the controls and camera view.

Enjoy your class!

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