

A 3-step guide to Zoom yoga for students



It's clear that as COVID restrictions come and go, so will the online yoga class. This handy 3-step guide will help you make the switch to Zoom, without a fuss.

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 are generally a good distance.

Step 2 - Equipment

- Download the Zoom app to your smartphone, laptop, or desktop computer.
- Create a Zoom account.
- If you have the option, a HDMI cable connected from your laptop or desktop to a tv screen, will facilitate good vision of the teacher during the online class. Purchase HDMI cables online, and at stores like Officeworks and JB HiFi. Expect to pay around AUD\$75-100. To help staff provide the right HDMI for your set up, take a photograph of the connection points on your tv and the device you want to connect and show it to them.
- When angling the camera on your device, aim to frame your whole body - so that your teacher can see you from head to toe. If that's not possible, ask your teacher which part of your body to prioritise e.g., feet or head. Angling the camera to look down on a standing body usually works quite well.
- For students with small spaces, using your smartphone camera might be the best option. A flexible phone tripod makes 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. Purchase flexible tripods online, and at camera or technology stores. Prices vary from a little to a lot, but models in the region of \$25 or \$30 are generally adequate.
- Streaming requires reliable Wi-Fi. If you're practicing in a room that's a long way from your router and the signal is weak, you can tether your laptop to your smartphone Wi-Fi (see notes on tethering below). You can also try a Wi-Fi signal booster – available at online or technology stores. Signal boosters plug into standard electrical sockets. They're best placed midway between the room you're practicing in and wherever your router is located.



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 PC, the internet connection is exclusive to that device. This means your internet connection won't be slowed down by other devices on the network.

Using this guide

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.

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Android - If you have an Android phone, plug your charging cable into your phone, and the USB end into your PC. 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 PC.

Once you've opened iTunes, open your iPhone.

Go to Settings > Mobile Data > Personal Hotspot or Settings > Personal Hotspot. Turn on Personal Hotspot and plug your iPhone to your laptop via USB. Go to network settings.

Your PC 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 must do is click on the link. You'll be taken directly 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, just turn the audio on again.
- Click on your teacher's photo display and select 'Pin Video' – so the video display is set to your teacher and won't alternate between participants.
- Finally, if you're new to Zoom, allow 10 to 15 minutes before class to test the controls and camera view.

Follow these instructions and you should be online in no time!

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