

Guidance for students:

Maximising the experience of a remote yoga session

3rd April 2020

Being in a remote class is a different experience to being physically present with a teacher in a group setting. You may be attending remotely because it is not possible to physically attend your regular local class, or you may attend a remote class because it offers the opportunity to work with a teacher who ordinarily lives too far away for you to attend regularly.

Remote teaching is offered by BWY teachers in a number of formats. You may be attending a live streamed secure session that enables interaction between you, the teacher and the other participants, or you may be watching or listening to a pre-recorded session that has been provided by your teacher. BWY best practice guidelines stipulate that live streamed secure sessions with teacher/student connectivity and interaction are the optimum model for remote teaching; but this will not always be possible or practical.

Therefore, in whichever way you are enjoying your yoga practice; the following guidance notes will help to make sure that your experience of remote teaching is as enjoyable as possible. Following these guidelines will enable you to maximise your experience of remote sessions and, in live streamed classes, to connect with the teacher and your group, albeit virtually.

Health Questionnaire and Assessment

Before taking part in a remote session you must have completed a health questionnaire and disclaimer. If you are an existing student you do not need to complete an additional health questionnaire but you must sign a disclaimer for remote learning. If you are a new student to your teacher, you must complete the health questionnaire, which includes a disclaimer, and go through a brief online assessment interview. This is a one off process. A verbal screening before each session will still take place and this is when you should bring to the attention of your teacher anything that is new and current, in relation to your health, for the session you are about to participate in.

Disclaimer:

Remote learning has insurance implications and responsibilities for you as a student/participant. BWY teachers are fully insured to teach remotely, either live streamed or pre-recorded, on a secure platform, to a private audience. However, they are unable to risk assess the space in which you are practising, or you, to the same degree that is possible in face to face teaching.

Therefore, you must be aware that by participating in remote sessions you must agree to be responsible for ensuring you are practising in a suitable remote environment, and that you are healthy enough to participate. All BWY teachers follow “best practice guidelines” and it is your responsibility to follow these student guidelines, as your commitment to keeping yourself safe and injury free.

GDPR:

If you are taking part in a live streamed session that is being recorded you will be asked in advance to give your consent to this, in accordance with GDPR legislation.



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SPORT ENGLAND
BWY is the Sport England recognised
National Governing Body for Yoga

Guidelines for Optimum Learning in Remote Sessions:

1. You will be sent a private invitation or link to a live streamed secure remote session, or a pre-recorded session will be shared with you personally. No links, passwords or access to any sessions, whether live streamed or pre-recorded should be shared with anyone else.
2. There may be a “waiting room” facility on entry to the session in order for the teacher to keep the session private and only available to those people invited.
3. If you are using the technology of the remote session for the first time allow 15 mins prior to the session to begin with, to enable you to get set up properly, be comfortable and in the right place.
4. Use an ethernet cable to connect your device to your router if possible. Close all other web browsers and data heavy applications so that your internet connection is secure and stable, and you minimize any drop in signal.
5. Mute alerts on your phone and the device you are using for the session.
6. Think about connecting your laptop to your TV via an HDMI cable to give you a bigger screen. If you want to do this, have a trial run beforehand to make sure you can do it easily on the day.
7. If you are in a live streamed secure session arrange your screen so that your teacher can see as much of you as possible and then you won't have to keep moving the screen or adjusting yourself. You will probably need to be a minimum of 6 feet away from your device. You may also need to adjust your lighting so that your teacher can see you clearly and you can avoid screen glare, silhouetting and shadows.
8. Your teacher will let you know in advance what equipment you will need; make sure you have everything ready beforehand. This includes any props (e.g. blocks, belts, blankets, cushions) notebook and pen/pencil and water.
9. Dress as you would if you were attending a face to face yoga class. This will eliminate the possibility of any embarrassing wardrobe malfunctions! Remember, in a live streamed secure session other people in the class may be able to see you on their screens.
10. Make sure you have plenty of room to move your arms and legs and that the space around you is clear and safe.
11. In a live streamed session don't have any music in the background because it can distort and/or be in competition with your voice if you do need to speak to the teacher. You can mute your microphone when not speaking.
12. If you are in a live streamed secure session opting for gallery view (if your teacher is permitting this) will bring images of all participants onto your screen and you will have more of the experience of a group class. Depending on the size of your screen this might not be practical. Experiment and see which works best for you. The downside of this is that the image of your teacher will be smaller, but your teacher may choose to “pin speaker” so that he/she remains as your main image throughout, with the other participants images much smaller.
13. If your teacher is not “pinned” the main image may switch to whichever participant makes a sound so keep your microphone muted once started, unless you are in a group chanting or philosophy discussion. In a live streamed secure physical session, you can use the chat or “raise hand” button on whichever online platform you are using, if you need to speak to the teacher.
14. All teachers operate differently in remote sessions. You may be able to see and interact with the other group participants or you may not. Therefore, if you cannot see or hear the other participants and you ask a question, be aware that everyone in the session will hear the answer. Please consider this and only ask questions if you are happy for the whole group to hear the answer. You can always speak privately with your teacher either before or after the session.
15. Laugh – it's a new experience so don't worry about being perfect. Be human, be authentic, be you and enjoy!

Resources:

Norman Blair www.yogawithnorman.co.uk

Tarik Dervish www.yogawell.co.uk

Yoga Teacher On-line Support Network facebook group

Bluefin Insurance

JMW Solicitors LLP

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