

Tips for Online Classes

1. **A Clear Space.** Clear a space in your home or office that you feel safe to move – left, right, forward, backward, turning and going down to the floor. Clear all obstacles and if needed any animals that might want to join at a most inopportune time. (My studio door is shut. Every once in a while, a little white paw creeps underneath the door.)
2. **Water.** Have a glass of water nearby. You may need to take a sip and hydrate if you get sweaty.
3. **Lighting.** A lamp or light source behind your computer or electronic device highlights you. Then I can see your lovely face.
4. **Arrival.** Even though this is online, please arrive 5 to 10 minutes early. Saves me from letting you in while I'm setting the focus. Also, any electronic glitches can be worked out if necessary.
5. **Your Whole Body.** If possible but not mandatory, situate your computer or electronic device so I can see all of you. That way I know how you're doing on the moves.
6. **Chair.** If you're not used to moving, have a chair close by to sit and watch or to use for balance. You can even do floor play from your chair.
7. **More Tips.** See the page for in-person classes and beginners for more helpful tips on moving your body.