

ENCOURAGING FLEXIBILITY | Moving from Head to Toe

PREPARING TO DO CLASS AT HOME

Teacher: Kele Baker

Marist College CLS | Autumn 2020

YOUR HOME PRACTICE SPACE

Make sure your space is safe for you, others, pets, furniture

- You want to be able to swing your arms in all directions - left, right, forward and above.
- Have secure footing - consider your combination of flooring surface (carpet, rug, hard floor) and foot covering (shoes, socks, bare feet). Adjust to what is secure for you. Yoga mat is possible but not required.

Minimize distractions

- Relaxing into these exercises helps release tension, and sudden distractions can provoke tension. Put mobile phones on silent, family in another room.

Make yourself comfortable

- Place your computer or device at a comfortable viewing height, so that you can stand (or sit) upright and not have to bend forward to see the screen.
- Consider connecting your computer to your television for better visibility.

Looking After Yourself

- If you are concerned about your balance, then be prepared to support yourself in a safe way - perhaps the back of a chair, a piece of furniture, or the wall.
- Almost all practices can be done seated or can be modified for sitting. Standing or sitting is your choice.
- Adjust and modify the movements to suit your health and fitness. A few possible modifications are to move more gently, go more slowly, to do fewer repetitions, or not do the movement at all, breathe, and rejoin when you are ready.
- Always consult with your doctor before engaging in exercise.

A FEW EXTRA ZOOM TIPS | Screen Views

Toggle your view

- Choose between Gallery View (“Hollywood Squares”) and Speaker View (large view of speaker, small thumbnails of other attendees)

Pin the speaker

This keeps the large image on the speaker regardless of who is speaking

- Hover your pointer over the screen of the speaker/teacher – click on the blue box with three dots – click on PIN – when you want to un-pin, click on the blue box UNPIN

Full screen

Enlarge your Zoom window to fill your screen

- Hover over your Zoom window - click on the top right button with four corner shapes -

Minimize the vertical strip of thumbnails when in Full Screen mode

Get even more view of the teacher/speaker and minimize distractions

- Hover over the black bar on top of the vertical strip of thumbnails – experiment with clicking on one of the three icons of bars – one will minimize the thumbnails to just you – one will minimize all of the thumbnails – one will restore the thumbnail strip

HOME PRACTICE WAIVER

Taking responsibility for your own safety and wellbeing when doing class online

- As you are participating these sessions without a teacher present in the room with you, please take all due care for your health, safety and surroundings. Make adjustments in the practice to take care of yourself. Also make sure your practice space is safe around you and under foot. You agree to take full responsibility for yourself, others, and your environment when doing these practices.

By participating in classes (live stream or recording), you agree to the following:

- I understand that the program may involve physical, mental, intellectual, and emotional activity, including exercises that may tax my physical, intellectual, mental and emotional capacity. I understand and acknowledge that my

participation in the program and in every separate part of it is purely voluntary and that at all times I will be free to choose NOT to participate in any part or all of the event. I acknowledge my responsibility for exercising my own judgment and initiative in choosing what parts of the event I will participate in. I acknowledge that my choices and my actions may pose a risk of injury to myself or others. By this consent I knowingly and voluntarily assume the risk of injury either to myself or caused to others by me in the program. I release Kele Baker from any and all liability for injuries to myself. I agree to hold harmless Kele Baker and any of her companies from any and all liability for injuries to myself and for any injury to others caused by me.