

Virtual Etiquette & Instructions for Yoga Classes

Carolyn Iannone, RYT-200

1. Please, take this time for YOURSELF just like you would if driving to every class.
2. Please remember you are still “coming to class” so find the mindset of a yogi.
3. Please, ask members of your household to respect your quiet time away from them and all other distractions.
4. Please, turn OFF your cell phone or have it in another room. If you’re using it to view class, turn OFF the ringer and notifications.
5. Please be FULLY READY, set up on your mat or chair with blanket/pillow 10 minutes prior to start time.
6. **MOST IMPORTANT** - Have your device fully charged or plugged in if possible. Make sure you have a good, stable internet connection!

As a Reminder, Some Logistics of My Virtual Zoom Teaching:

1. NO sessions will be recorded by me. NO sessions are authorized to be recorded by Anyone else, including participants or the Library.
2. Every INVITED student will separately enter a virtual WAITING ROOM before each session begins.
3. I will MUTE everyone’s audio throughout the session. I will only open the mic so I can “greet you” upon admission. Please do not open or unmute your mic during class.
4. As instructor, my Audio and Video will be on throughout each session so you can all see and hear me the entire time.
5. YOU, as a registered participant, have the option to be seen (which means you would keep your video On). IF you choose to turn off your video, only a black box appears on screen containing your name or however you choose to identify yourself - initials, etc.
6. Only registered students receiving the private ID and password directly from Finkelstein Memorial Library will be admitted, until the maximum of 20 attendees is reached.

June 2020