# Teaching Online

Teaching Your Classes Out in the World

Teaching Online

- Greater accessibility for many students
- Removal of barriers both visible and invisible
- Levels the playing field for students who may be chronically ill, disabled, or neurodiverse
- Creating new opportunities to share our work with a larger audience
- Creating a safer space for people who may not be ready to re-enter the world
- Give students more opportunities to practice wherever they feel safe
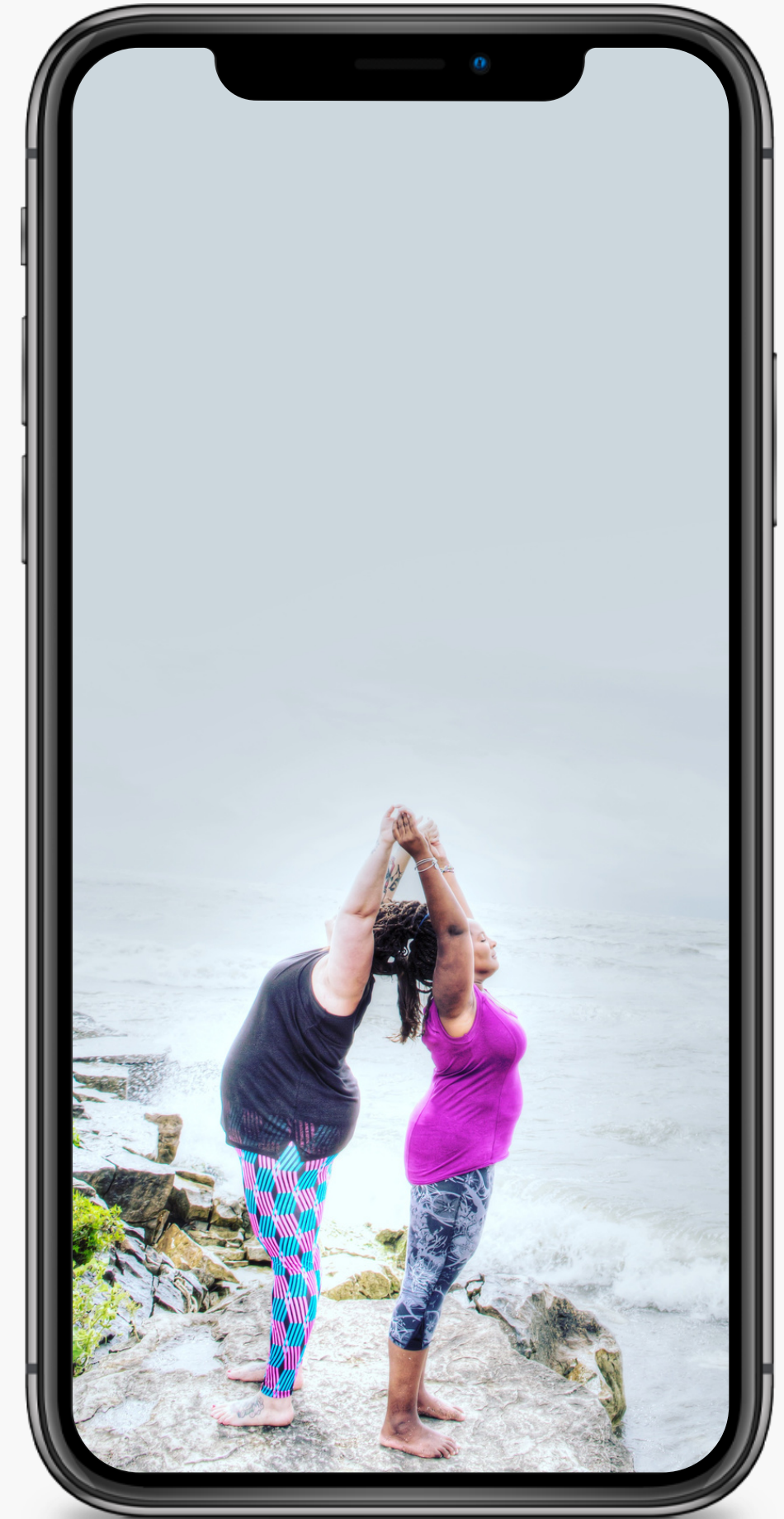
Things to Consider

- Consider how you want to build community. Will you be using a Facebook group, newsletter or your social media audience?
- Do you want to create a specialty class or series?
- Talk to your students find out what works best for them online/ in-person or a hybrid class
- Ask your students what they enjoy about the online space
- Maybe offer both a taped class and options to practice live as well.
- How will you structure the classes- will you leave time for Q&A
- Do your research. Watch teachers who have been teaching online for a while. Observe how they market their classes
- Be aware of accessibility needs (closed captioning, transcripts, visuals, lighting, audio)

Customize Your Offerings

- Mix of asana / meditation / self-study / breath / community
- Are you teaching poses? Or teaching movement?
- Build capacity for interoceptive exploration / teach folks to listen to their bodies (this goes toward agency too)
- Check-in, ask a powerful question, dharma talk with a discussion
- Work on a group project for social good or community connection
- Workshop a pose or a sequence
- Social time

ONCE YOU DECIDED WHAT YOU ARE OFFERING

- Structure your class. Create a series for more consistency and build interest
- If you are offering movement, let students know to assist them better; it would be great to see them offer more productive cues. Let them know it can help with demoing prop use and creating accessible options
- If possible offer live and pre-recorded material for those who can't make it to the class.
- You can also stream while teaching live letting your students know this is happening and setting up the camera directly on you
- Demo only what you feel needs to be demoed or ask a student if they would mind being spotlighted

- Think about creating a course/curriculum/learning journey as a template (zoom in and out)
- Listen to your audience by asking questions (social listening)
  a. What do *they* think their problem is?
     - How can you solve it?
- What questions come up over and over?
- What "objections" or "I can't" do you hear from your students?
- Share from your lived experiences/struggles/dreams
- How can I be of service at this moment?

What Kind of Content Should I Create?

DEMOS ON ZOOM/WORKSHOPPING A POSE

- Have students gather or come up to the screen while you demo a pose and than invite them to come back to their mats and give it a try
- When encouraging students to try the ask if they would like to keep their camera on for feedback
- You can let your students know that keeping their camera on can encourage community and you as instructor can provide more customized cue if you can see them

DUAL FORMAT CLASSES

- Teaching a live in-person class and online simultaneously is challenging/focus on students in the room
- You will need a tech person or student to help out.
- Make sure everyone can see and troubleshoot any internet issues
- Have the camera/phone on your mat and have a mic on
- Remember if demoing a live/zoom class to demo in front of the camera

Teaching Online Homework Jump in to creating your Online presence