

Teaching Online

Technology Intergration





Technology/ What Will I Need?

You will need a quiet, well-lit area that is close to wifi if you are teaching live. Make sure you are fully in frame

If you chose to use zoom, google meet, or IGTV Live to teach live, make sure you use Bluetooth mics hooked into the software so your students can always hear you while you are moving

Invest in a tripod with both a camera and phone mount; a large ring light, a photography soft box lighting kit (\$100-200) and a good mic.

A laptop, smart phone or DSLR camera

A chair or bench

For best results try to find a space that doesn't have a lot of busyness in the back ground. You certainly can practice in front of your couch, outside on a deck or patio

Make sure there is a good contrast between the colour of your clothing and your mat

Technology Set Up

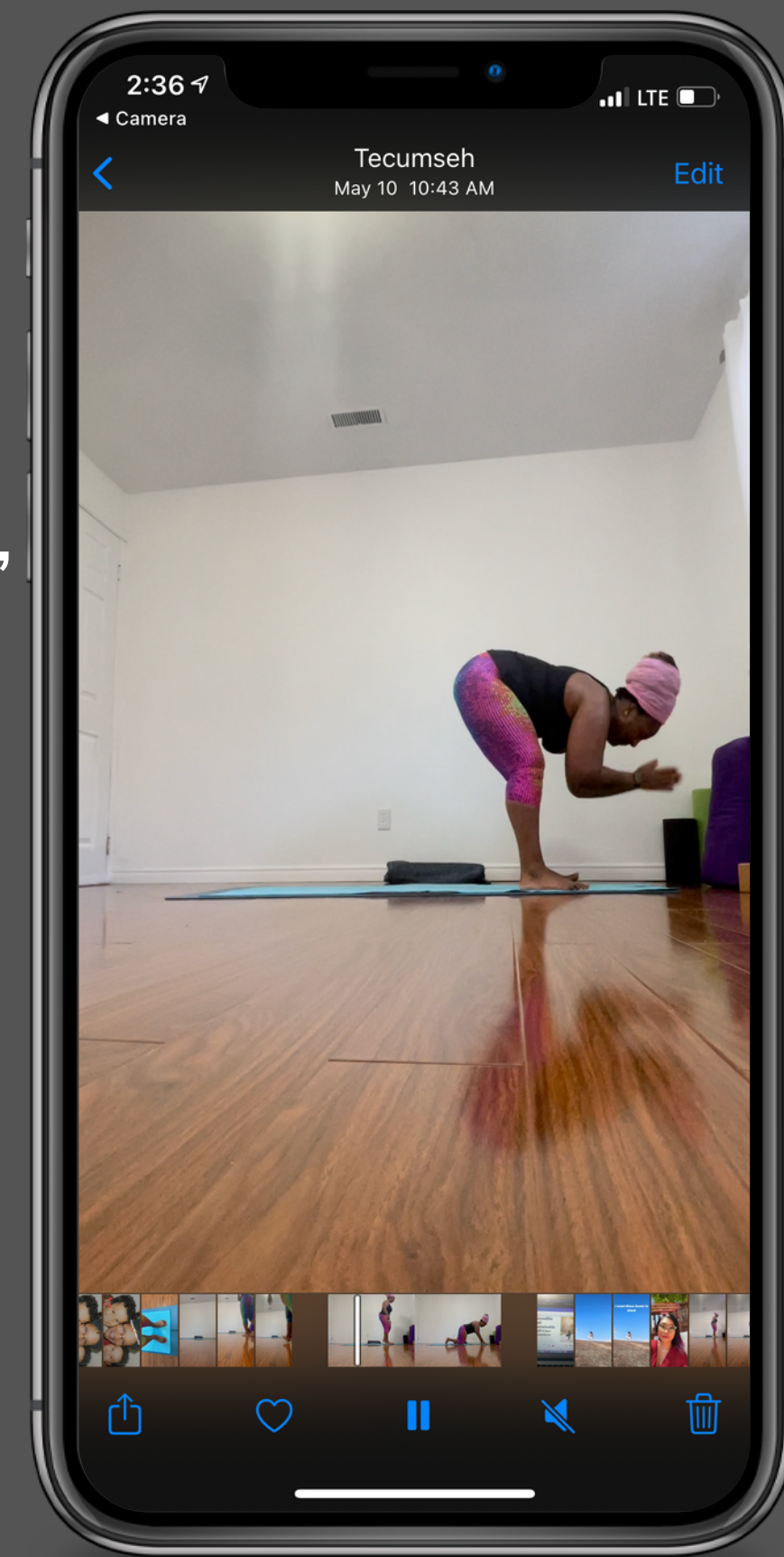
Through trial and error, you will have to find a setup that works for you and a tripod will make that easier.

I film all my content on my phone. I have used an iPhone 8, 10XR, and now 12

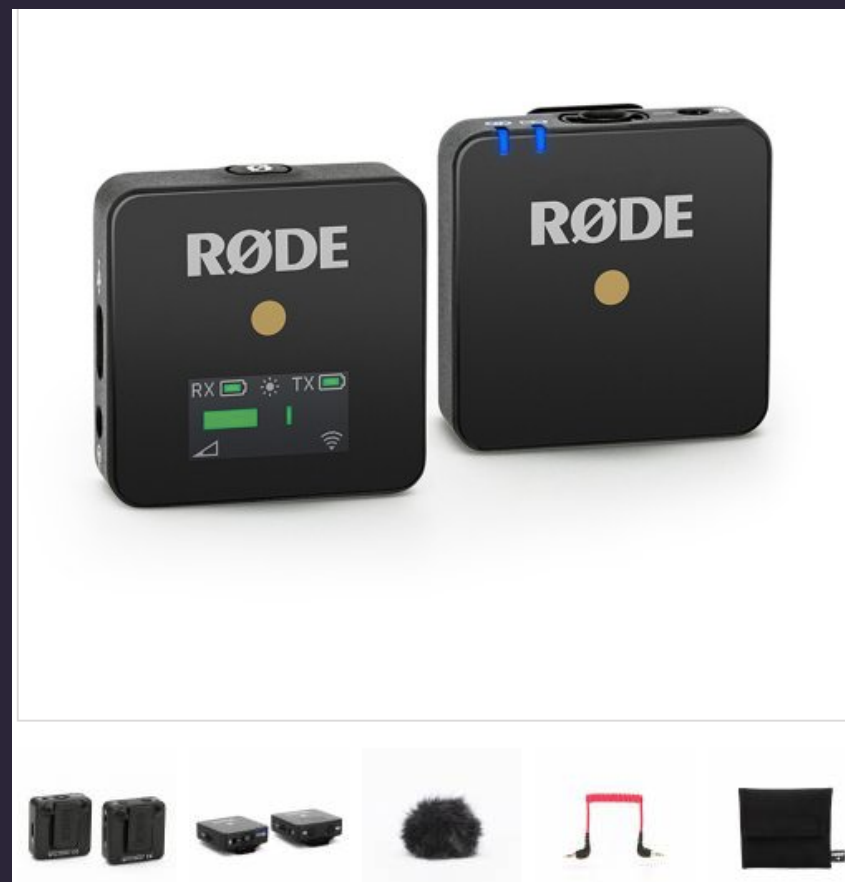
My phone, iPad or computer are generally set about 6-8 feet away from my mat.

To get a full-body shot, including a bit of the ceiling, I place my phone on the floor and prop it with blocks.

I sometimes record audio on my iPad and sync in movie or splice software



EQUIPMENT AND SET UP





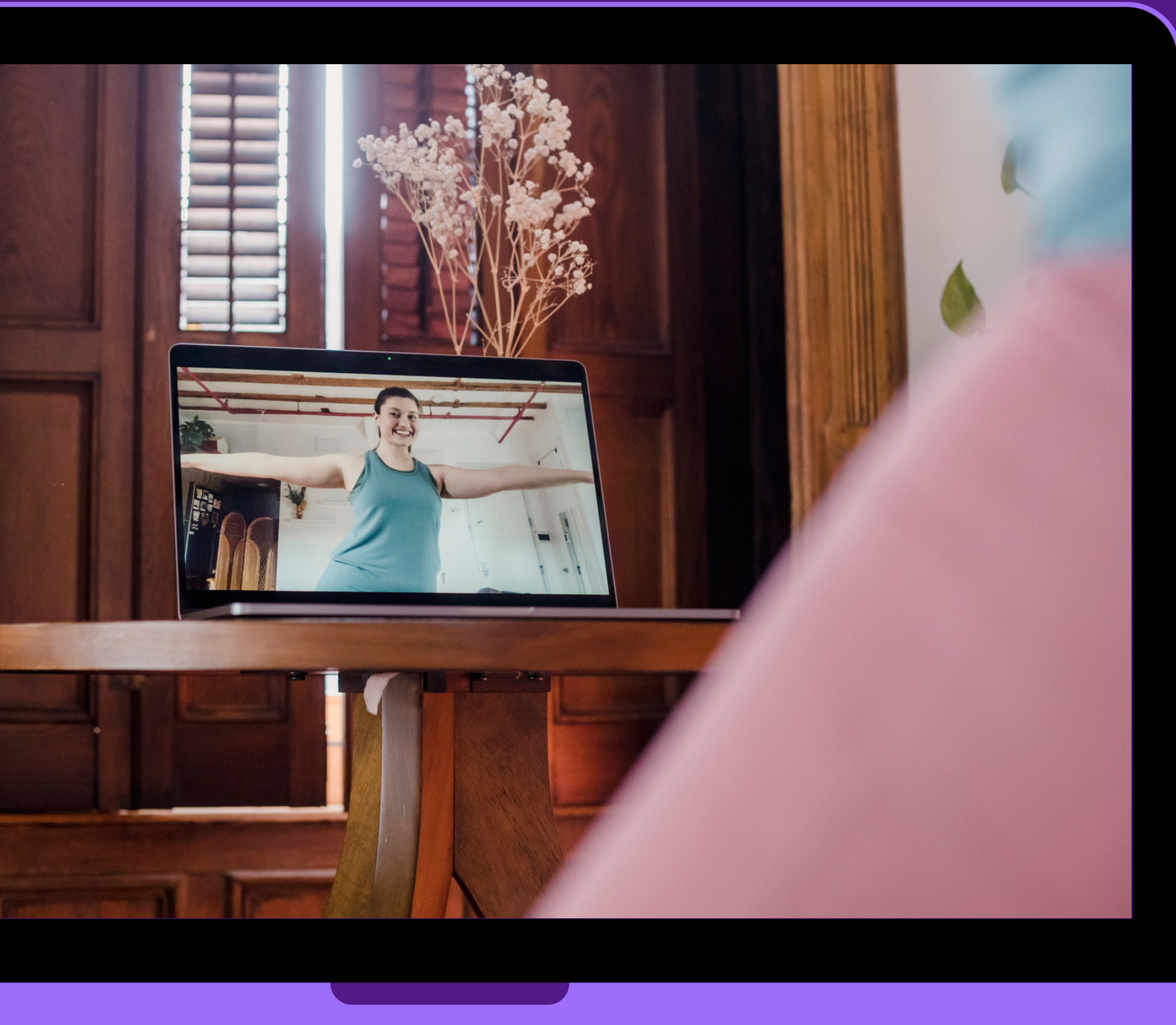
Platforms for Online Teaching

NEED HELP WITH PLATFORMS OR TECH TOOLS?

- [POST IN THE YFA FACEBOOK COMMUNITY GROUP](#)
- [ACCESSIBLE YOGA COMMUNITY](#)
- [CONNECTED YOGA TEACHER COMMUNITY](#)
- [FRANCESCA CERVERO'S COMMUNITY](#)
- [TARA MCMULLIN'S MARKETING AND BUSINESS COURSES](#)



ZOOM/PATREON



- Live and Recorded Classes
- Easy to set up, inexpensive.
- Difficult to scale, difficult to organize content.
- Zoom video recording not always the best

Thinkific, Learndash, Kajabi

- More suited to courses than membership
- Professional all in one solution
- Not suited for live classes or membership sites.

Wordpress + Membership Plugin

- Courses, Membership sites, Video on demand
- Least expensive (after setup) More control over looks, layout and content
- Big tech learning curve

Namastream (HeyMarvelous.com)

- Courses Membership sites Video on Demand
- Professional All in one solution.
- Expensive

Sutra

- Courses, Memberships
- Focus on community building
- Not set up as a video on demand service

Ribbon

- Courses, memberships
- [Ribbonexperience.com](https://ribbonexperience.com)
- All in one.
- Inexpensive.
- Relatively new company

Uscreen

- Memberships, Video on demand,
- Livestreaming
- Netflix like experience
- Very slick
- Apps
- Expensive



Vimeo OTT

- Memberships
- Video on demand,
- Livestreaming
- Netflix like experience
- Very slick
- Apps
- Very Expensive

