



### **Instructions for Participating in Remote Sessions Through the Studio**

Thanks very much for agreeing to participate in off-site instructional sessions while the studio is closed due to the COVID-19 outbreak. We are excited to continue offering high-quality instruction from the comfort of your home. Here's what you need to do to prepare for your private, semi-private, or group classes:

- Please read the **CONFIRMATION AND LIABILITY WAIVER FOR OFF-SITE INSTRUCTION**. You **must** return the form to [barry.pilatesvillage@gmail.com](mailto:barry.pilatesvillage@gmail.com) before participating in any session. Your email reply will serve as your signature. Even if you have previously signed a waiver at the studio, you must agree to this new waiver before participating in the remote instruction.
- Go to [zoom.us](https://zoom.us) and sign up for a free account. We will be using this platform for off-site instruction. Before your session begins, you will receive an invitation to join from your teacher and instructions to follow. Please be on time for your session by logging in several minutes beforehand. You can use a computer or a smartphone. If you are using a smartphone, you will also need to download the zoom app.
- Find a quiet place in your home to work out, free of distractions. Face into the camera of your computer or phone and have direct lighting shining toward you, not behind you. An overhead light or lamp facing you will do fine. Have your mat square to the room. Your camera should be set up slightly above the mat, far enough away so we can see all of you, but not so far that we cannot see details.
- Please set your screen saver to 1 hour or Never to avoid disruptions during the session. You can find this by going to Settings or Preferences of most computers and smartphones.
- Wear workout clothes and have a Pilates mat, yoga mat, or towel or blanket to use on the floor.
- If you are participating in a group session, your teacher will be muting your volume to eliminate background noise and keep track of everyone on screen. If you have a question or a problem during the session, please wave your hand so she can unmute your device and speak directly to you.
- If you come to an exercise that is not right for you or does not feel right, please leave it out. Take good care of yourself.

## Important Notes regarding Mat and Camera Placement for Taking Online Instruction

For ideal angles that will allow your instructor to see you clearly, you'll want to pay attention to these considerations. If your room is wide enough, study the mat placement in the photo that has the corner china cupboard. If your room is more narrow than wide, observe the photos of instructor Claire Greenlee and client Marsha Roth, Claire's client of many years who was so helpful here.

In both instances, the mat will work better in your room if it's placed so that from the foot of the mat to the camera on your phone/iPad/laptop you can measure approximately 52". Position the camera at an angle aimed at the corner of the mat where your foot that's closer to the camera is.

Ideally, you also will want the camera about 30" off the ground and tilted slightly down toward the mat. (This is why using a device other than a phone might be better, but it *can* be done with a phone. One way that works is to prop the phone in a shoe and tilt the phone toward the floor. Another option might be to put a book against the bottom of the phone to keep it lodged at the correct angle.)

