

## 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.)

