

Delivering yoga lessons online – the ultimate L&D challenge?

Thursday 16th July 2020

Learning Technologies Summer Forum
#LTSF20

Fiona McBride

Learning & Development Consultant & Yoga Teacher

@fionamcbride





This is me...

- Learning Consultant & Facilitator
- I love helping people learn!
- Worked in Learning and Development for over 15 years
- Huge social media fan! (@fionamcbride)
- Passionate about social and collaborative learning, facilitation and learning which has impact

Clients include:

Tate Galleries, Warner Music, John Lewis Partnership, dnata, Imperial College London, CIPD, AVADO Learning, St John Ambulance

This is ALSO me...



- Qualified yoga teacher
- Teaching a variety of yoga styles including: vinyasa flow, gentle hatha, restorative yoga and breath awareness sessions
- Still a huge social media fan! 😊
- Passionate about supporting others to learn on and off the yoga mat

Clients include:

Be Yoga Sussex, Yoga with Meg, The Movement Studio, Anytime Fitness Uckfield, Sussex Zest, University of Manchester





Being
together



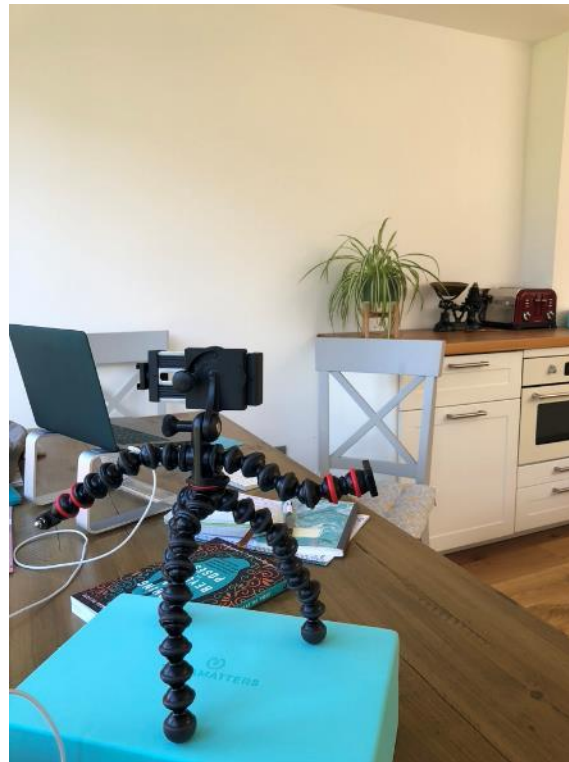


The challenges of taking physical practice online



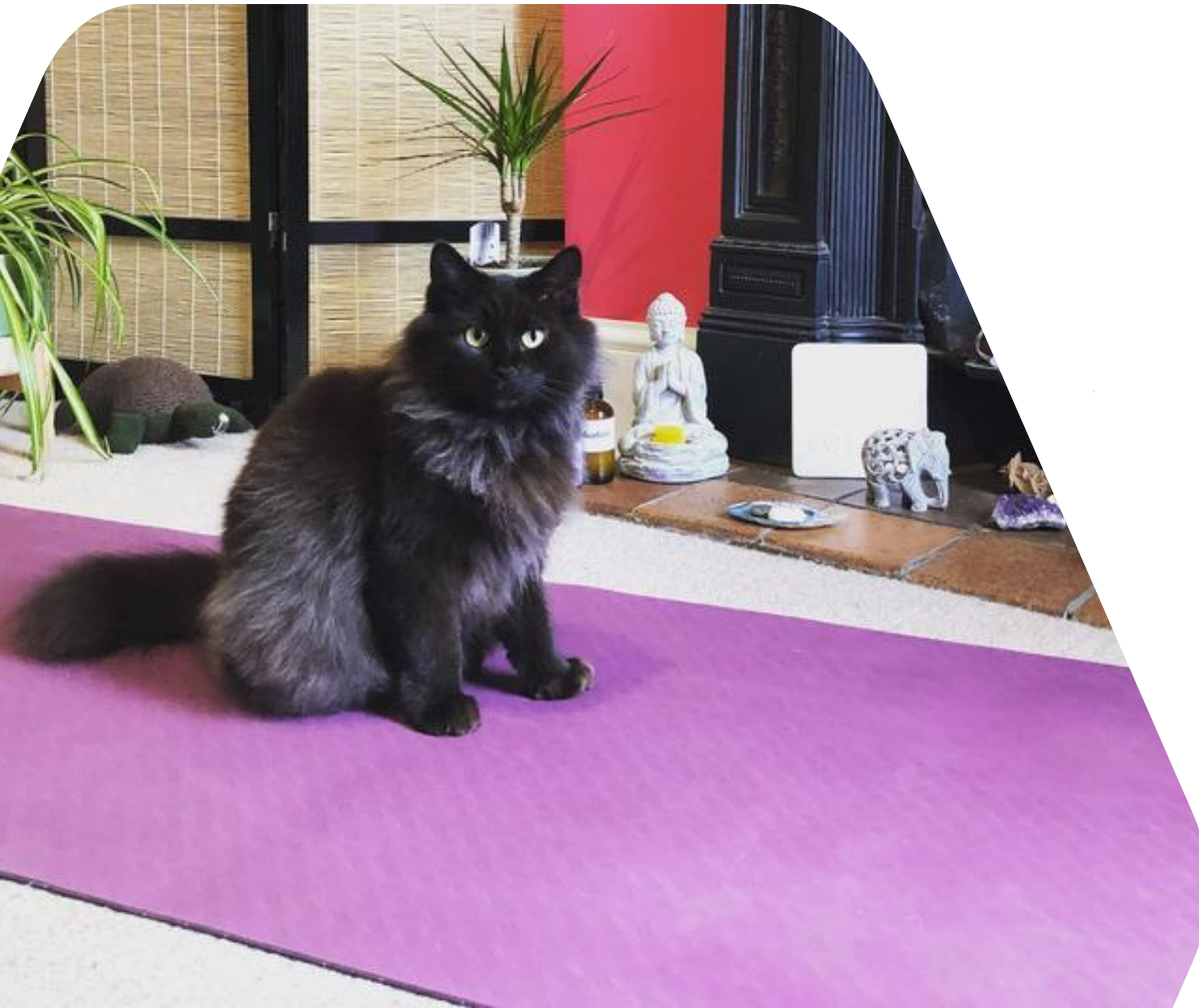
Why preparation is crucial





**Why
preparation
is crucial!**





**Holding the online
space for others**



and breathe

Let's practice together



Creating a global connection



@FionaMcBrideYoga

Monday's @ 6pm - Gentle Hatha & Restore
(The Movement)

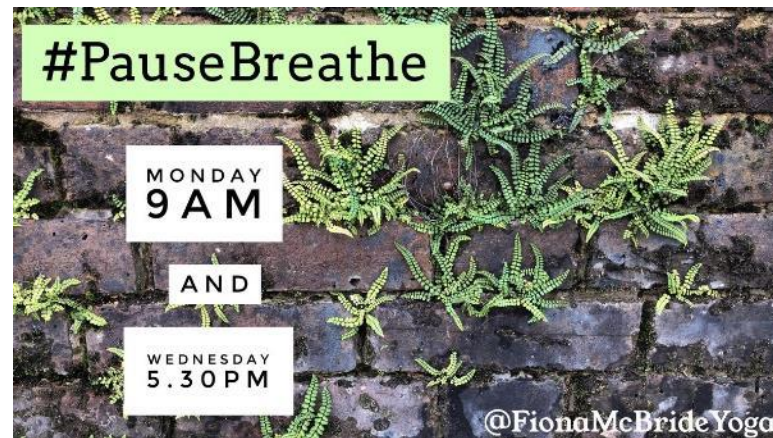
Monday's @ 7.45pm - Flow Yoga (Yoga with
Meg)

Tuesday's @ 7pm - Restorative Yoga (Be Yoga)

Friday's (various) @ 7.30pm - Restorative
Yoga (Yoga with Meg)

Sunday Evening @ 7pm Restorative Yoga

#PauseBreathe sessions (via Eventbrite)



Thank you for listening...

Any questions?

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