

## **LTSF20 D4S1: Delivering yoga lessons online - the ultimate L&D challenge?**

### **Fiona McBride – General chat**

Donald H Taylor: Welcome to "Delivering yoga lessons online - the ultimate L&D challenge?" with Fiona McBride and me, your facilitator, Donald H Taylor.

Donald H Taylor: We'll be starting at 08:30 UK time.

Donald H Taylor: The session will finish at 09:15 UK time.

Donald H Taylor: The hashtag for the event is #LTSF20

Donald H Taylor: Our thanks go to today's sponsor, Thrive, <https://www.thrivelearning.com/>

Donald H Taylor: The slides will be available to download at the end of this presentation.

Donald H Taylor: The recording, slides, chat and other supporting documents will be available from next week at: <https://www.learningtechnologies.co.uk/digitalhub>

Donald H Taylor: We have a very full session today, so sadly it will not be possible to answer every question.

Dom Fry: Morning Donald and Fiona

Christine Locher: Good morning you lovely folks!

Teresa: Morning from cold Cape Town

Bo Kim: Good morning from Sweden!

Carol Ann: Hi from Hertfordshire

Christine Locher: Christine from South of London... I did a great long yoga session yesterday :-)

Linda: Good morning. I'm here in Edinburgh and looking forward to a bit of early morning yoga. :)

Sue: Hi from cloudy Nottingham. Looking forward to this session.

Paul Ashworth: Morning all, from cloudy and cool Guildford ...

Claire: Morning from York, where the sun is promising to come out at some time ...

Janet "Audacious One" Webb: Morning all. Feeling fab (and mischievous) in Littlehampton, West Sussex.

Isaac: Cloudy around Oxford

Stephen Power: Morning all...in Manchester...cloudy here as well...

Christine Locher: sunshine in my heart darlings

Dom Fry: I too am in Sussex (Shoreham) -

Shaun Delaney: Hello from cloudy Chatham

Wojciech Bednaruk: Dzień dobry from Warsaw

Paul Norrington: Hi from sunny Yorkshire

Sindhu: Sindhu from London

Joanne: Good morning, I am in Lincs, feeling good just come out of a yoga nidra. x

Elizabeth: Hi from Nottinghamshire, cloudy and grey

Christine Locher: Yoga Nidra <3

Louisa: Good morning

Dana the Trainer: Morning Fiona & Don - I'm logging in from London

Lene: Good morning

Mohammed Zouli: Hello from Morocco

Joanne: Yes, it is a beautiful thing.

Christine Locher: yes, that's it :-)

Sarah Milner: morning from a beautifully sunny Wensleydale  
Darrin Cutting: Good morning everyone from Sunny Tynemouth.  
Vicky O'Donoghue: Love Yoga Nidra :) Yes sunny here in Derbyshire!  
Darrin Cutting: Donald I just wanted to say the sessions this week have been fantastic so a big thank you to you.  
Pooja Tyagi: Good Morning everyone  
Gaelle: Good morning everyone :-)  
Gaelle: HI Christine, have you attended all of the session like Don?  
Donald H Taylor: Twitter: <https://twitter.com/fionamcbride>  
Donald H Taylor: LinkedIn: <https://www.linkedin.com/in/fionamcbride>  
Christine Locher: not quite but almost :-)  
Vicky Donoghue: Loads of yoga and meditation session yes  
Sarah Slade: I do 2 Zoom pilates lessons a week  
Gaelle: PE with JO v:-)  
Sindhu: Yes, doing Odissi dance (Indian classical dance) which was f2f before  
Emma Pink: I do yoga and meditation, would like to do more!  
claire pegg: Hi All - Happy Thursday from Seaton Sluice, Whitley Bay  
Vicky O'Donoghue: Learning Spanish  
Paul Ashworth: Been doing Ballet Barre instead of rugby!  
Christine Locher: Paul that sounds super interesting. Curious what you are getting from one for the other?  
Kathryn Kelly: Hope you don't mind me sharing the work of my colleagues - yoga for pregnancy, and mum and baby yoga <https://birthandbeyondcollective.org.uk/>  
Gaelle: @Chantelle, me too. I made sushi twice and started with Sushi bowl much easier  
Christine Locher: I think it's a fab excuse to experiment with lots of stuff, and so lovely people are going for that :-)  
Donald H Taylor: Thank you, Kathryn  
Paul Ashworth: Christine - keeping fit on a daily basis - mainly for the legs  
Christine Locher: very cool!  
Kathryn Kelly: @Darrin never too old to start with a good teacher!  
Christine Locher: Yes, to starting at any age. (with someone who knows what they are doing if it's your first time)  
Kate: Taking Fiona's class on a Sunday has been transformative for me especially in the pressure of lockdown  
Christine Locher: Yes, I miss the serenity and beauty of a great studio. And always good people around too...  
Donald H Taylor: <- Thanks for all of the questions in the pod on the right. I'll ask them to Fiona later  
Darrin Cutting: Thanks everyone. Would it be better to wait until we can do this face to face if I am just starting out?  
Sindhu: Peace and Tranquillity I like  
Donald H Taylor: Kate - lovely to hear that  
Linda: I like the structure of having to be in a class at a certain time. It's a challenge creating that structure when I'm at home all day and on furlough.  
Joanne: Totally hear you Fiona - 'faith in the people and faith in yourself'.  
Kemi: Hi all... hope I haven't missed much  
Emma Pink: Totally agree! Outdoors is definitely the best; I went on a yoga retreat last year and never felt so relaxed

Kate: The first session we did I honestly nearly cried - had no idea I was carrying around so much stress etc until Fiona helped me make the space to switch off properly

Chris: Loving the idea of a yoga retreat. Agree that yoga is best outdoors.

Kemi: @Darrin I don't think that you need to wait until you do it face to face; you can start to explore certain styles virtually.

Emma Pink: Yes Chris! It was in Spain too on the top of a mountain

Kate: Oldy device thing :)

Donald H Taylor: I love these 'both sides of the camera' images :))

Paul Ashworth: Gorilla!

Chris: I'm jealous Emma! The one thing I've missed in lockdown is mountains ... but I've been doing lots of on-line yoga with a studio I've been to in Jasper in Canada - bliss out and zen!

Emma Pink: How wonderful Kate

Gaelle: It looks perfect Fiona

Emma Pink: That sounds fantastic Chris :) I absolutely miss going out and visiting beautiful mountains!

Donald H Taylor: I think Fiona's doing a really good job here of showing how it's possible to create a warm welcome and be authentic about the reality :)

Christine Locher: yes, we need to stop comparing other people's Instagram to our own laundry pile ;-)

Vicky O'Donoghue: Yes, best to dim the lights :D

Kate:@Emma It's really been so great in amongst work and kids and everything else - my best hour of the week!

Laura Dangerfield: Virtual exercise (especially live with interaction between instructor and participants) is so close to the 'real' environment now with the right technology.

Sindhu: Very true. Quality of audio matters. Especially with the lagging

Emma Pink:@Kate - I'm glad you're managing to find the time for yoga. My colleague does meditation the morning, married and with 2 boys to look after

Sam H: Yes - it's great to remember both the realism and the importance of planning

Paul Norrington: Yoga podcasts?

Emma Pink: Ooh Paul I like your thinking!!

Christina 2: Ooh yoga podcasts is such an interesting idea

Sarah Milner: I would image using just audio is for experienced yoga practitioners

Christine Locher: Many years ago, I used a CD with a recording, and found it very effective. But I did have a bit of a practice established already so I knew what the "shapes" were. Would have been very hard to start out that way...

Sarah Slade: I'm often too busy struggling with a move to keep an eye on the screen, but my teacher is very good at clear instructions ("now raise your right leg..." etc)

Christine Locher: YAY to not forcing people onto camera.

Steph M: Our organisation has started running short meditation sessions on Teams a few times a week that are open to anyone. They've been really well received.

Donald H Taylor: This is a fascinating exposition about the detail of this practice

Kathryn Kelly: Yes, the lack of security in the group run by my yoga teacher is a worry, but the lack of IT competence in this older demographic makes it a problem. I also dislike the way everyone has to chat at beginning and end, which is really noisy! Fortunately, the teacher mutes us all for the session.

Chris: There are lots of yoga podcasts available - make taking yoga into the park much easier ... as long as you don't mind folks watching - but if they do, well, you might just inspire them to get 'on their mat'!

Carol Ann: I have a teacher that is running Zumba and Line Dancing classes online

Gaelle: @Steph, how is it received?

Christine Locher: I find my yoga experience something super private as it can go very deep. Sometimes I just really want to keep it like that. So, it's lovely to allow students some flex with that.

Emma Pink: Chris - totally agree!

Steph M: @Gaelle They are advertised on our internal intranet so anyone can dial in if they want to. They are only 15 mins but have been great. We are lucky in that we have a few people who are mindfulness practitioners

Sam H: I also love the fact that by doing it online you can find a class at a time that's convenient - as it doesn't matter where the teacher is

Claire: @CarolAnn, I love the idea of online line dancing!!

Gaelle: I agree @christine. I am not sure I would feel comfortable being on video. Actually, yoga is the one thing I don't do online. I buy book or watch YouTube tutorials

Gaelle: what a gorgeous cat

Dana the Trainer: I am one of those people who can never attend Fiona's session at the "live" time - I have young twins. So, I work just with the recordings. And I'm a novice and it has been great!

Sarah Slade: Floofy cat!

Donald H Taylor: The cat is Ray, I believe :)

Gaelle: It sounds brilliant @steph

Kate: @Dana that's what I did this week too - great to have the option

Donald H Taylor: I like that: important to make people feel 'held'

Linda: Gorgeous cat

Chris: Really like that idea @Steph, I'm going to steal your suggestion. We have folks who encourage meditation before all manager f2f meetings. 70 of us in a room and total zen. No reason why we can't do it via Teams!

Christine Locher: always YES to cats joining in :-)

Emma Pink: Yes, I had that in my retreat - a cat and a child :D

Christine Locher: and kids, dogs...

Joanne: There is Doga!!!!

Kemi: I've found that I am teaching yoga to more newbies online because more people seem to need it and the pandemic has created a more curious exploratory mindset.

Steph M: @Chris - Not my idea but steal away! The more people meditating the better in my view :)

Joanne: @kemi me too.

Emma Pink: @Steph - same here! We run meditation sessions for 15 minutes at lunchtimes on a Tuesday

Emma Pink: We use Zoom though

Janet "Audacious One" Webb: "Meet them where they are at." - I love this.

Donald H Taylor: "Start where you are, use what you have, Do what you can"

Christine Locher: I use scents as cues what mode I'm meant to be in. I have different scented oils for work, creative writing and relaxation. (it's all in the same room so I need other markers)

Kate: I hope we don't lose this human factor of these pets and kids etc after lockdown

Chris: @Emma/ @Steph - so loving this idea - totally going to suggest it at our Resilience Team meeting at 10am today. Thanks!

Kate: Gemma Paterson had a similar line the other day 'do what you can with what you've got'

Emma Pink: Thank you Don I will steal that!

Darrin Cutting: @Kemi I love your reflections that people are now more exploratory and willing to engage in new things. This is a real positive that we must ensure moves forward and continues.

James: I work in the education side of the fitness industry and unfortunately there is a general apathy to support fitness professionals moving their business online. Instead, we seem to add more obstacles and red tape, negatively comparing it to working in a real environment - which stifles innovation. The industry needs to learn lessons from lockdown and how creative and entrepreneurial instructors have been successful with minimal resources. There's some amazing stuff going on and how many people engage in physical activity and wellbeing has changed forever.

Chris: Thanks Don - what a mega mantra - 'stealing' that one too!

Kathryn Kelly: One of my colleagues is offering a session on Monday, when our redundancies will be announced. So lovely of her.

Kate: @James that's such a shame, I've seen some brilliant online stuff. I've set up a mini gym in my garden - it's not the same as the real gym but better than nothing - again, do what you can with what you've got!

Kemi: @Darrin yoga is about taking the time to pause and the pandemic has made us pause, almost reflecting what we do in our yoga practice. I teach more nidra, mindfulness, breathwork during more in the pandemic. BTW I have people in their late 60s in my class, age is nothing but a number

Tomi Kassim: Kemi, are you in Nigeria?

Donald H Taylor: That was lovely :)

Sarah Slade: That was lovely. I have to peel off for the daily team stand-up now. Thank you so much!

Emma Pink: Feeling ready to start my day now, thank you Fiona :)

Janet "Audacious One" Webb: Super chilled now.

Darrin Cutting: Soooooooooooooo calming

Kathryn Kelly: Have to go to a meeting, but lovely to join you all. Thank you & Namaste.

Bo Kim: What a great way to start a day!

Chris: Bliss out @Fiona - feeling connected and refreshed!

Dana the Trainer: Feel so calm and relaxed now, even from that short practice. That was amazing!

Kat Ellis: I love this practice, but find I always need a guide to remind me to come back to the breath

Louisa: very relaxing

Kat Ellis: Nice and relaxed start to my day thank you

Sindhu: Yes relaxing

Janet "Audacious One" Webb: So glad you did.

Darrin Cutting: I didn't really want to stop

Gaelle: It is amazing how much tension there is ... when looking into the body

Kate: Magic - you're amazing :)

Vicky O'Donoghue: I notice where anxiety is sitting in my body and good to breathe through it

Sarah Milner: very lovely. new to this practice. You have great confidence in your pauses

Paul Norrington: Good reminder that silence can be very powerful in online sessions. Sometimes as facilitators we dread silence, but it has his place.

Kemi: @Tomi- ;-) I'm not but with the pandemic and the move to us more being online, I can be anywhere at any time in the world now....

Christine Locher: YES, always put it in. experience, not just talk about. The magic is in the mix :-)

Donald H Taylor: Paul - absolutely!

Sue: Didn't realise how much tension I was holding so thank you.

Vicky O'Donoghue: Good to do several times in the day!

Kate: @Sarah what an amazing observation 'confidence in your pauses' - you're so right that \*does\* take confidence!!

Tomi Kassim: Ok, but you are Nigerian? Where are your classes normally? can you post me online or premises address?

Donald H Taylor: Sarah - yes! Wonderful observation

Kate: See you there on Sundays guys :)

Donald H Taylor: Yoga Session details: <https://linktr.ee/FionaMcBrideYoga>

Louise 2: That was amazing, I can see how useful this would be at the end of the week for staff to really be able to switch off and enjoy their weekend which is so hard these days working from home

Laura Dangerfield: @Donald please delete if not appropriate - I've started an online fitness/nutrition/wellbeing business - no Yoga (although I'll be joining Fiona if she gives us a link haha!) at <https://www.fwlprojectyou.com>

Laura Dangerfield: oops <https://www.fwlprojectyou.com>

Donald H Taylor: That's fine, Laura

Donald H Taylor: thanks for sharing

Kemi: @Tomi I teach private sessions...how can I reach out to you, as this is Fiona's space, not about me promoting myself.

Laura Dangerfield: Thanks Donald, much appreciated

Donald H Taylor: Kemi - that's good of you

Kemi: is there a way to share info with each other as opposed to with everyone?

Tomi Kassim: Hi, it is ok to exchange details, I think.

Donald H Taylor: You could share a LinkedIn address?

Emma Pink: Thank you so much Fiona, will give you a follow :)

Kate: I love the change of pace

Colin: Thank you Fiona and everyone contributing as well...really great

Tomi Kassim: I have noted Fiona's contact details also

Claire: Thanks Fiona!

Kemi: ok Tomi. do share your LinkedIn...I'll get in touch somehow.

Tomi Kassim: ok, it is Olutomi Kassim

Tomi Kassim: Visiting Lecturer and Artist pages

Dom Fry: I struggled with F2F Yoga - I couldn't see the instructor as wasn't in the front row BUT online I get a perfect view

Vicky O'Donoghue: Hahaha yes, I'm a big pauser!! ;)

Kemi: The things I have seen and wish I have unseen with online yoga classes... it's been an interesting experience

James Booth: I use a thumbs up on camera and then pause it

Joanne: @kemi ha ha so true. x

Tomi Kassim: <https://www.linkedin.com/in/olutomi-kassim-43162219/>

Paul Norrington: @Dom it reminds us that everyone gets a front seat in the class when virtual...but without all the "baggage" that comes with sitting at the front.

Kemi: @Tomi I will get in touch with you.

Joanne: I teach children's yoga and the little ones who knock the iPad over - whoops



Claire: I find it helpful to have the yoga instructor's video on, as sometimes you need to see them doing the posture to get it right yourself. We are on video so that the instructor can check we're not taking a pose which could cause injury to ourselves; but we are all on mute

Tomi Kassim: Ok, thankyou Kemi

Janet "Audacious One" Webb: Great question

Chris: @Donald - thanks for including this in the programme, fabulous to have a session that is a little bit different and so resonant. Thank you to @Fiona for your presentation and sharing meditation practice.

Christine Locher: I think as LnD, we can learn so much with how people learn and build a practice in other parts of our lives, and to shuttle best practice back and forth. Awesome session for this. And yes, more of that please :-)

Kemi: @Christine Locher.... we need to catch up.

Steph M: Thank you - I could easily listen to your hours long answer to that question!

Sindhu: Thank you Don

Donna: Fiona you are fantastic. THANK YOU FOR THIS PERSPECTIVE!!

Keitha you everyone. Yoga is a mirror to look at yourself, don't judge your reflection, explore it. Have a fantastic day everyone.

Christine Locher: yes Kemi :-) It's been WAAAYYYY too long! :-)

Tomi Kassim: This is very useful, Fiona. Will be in touch.

Christine Locher: also, try it more than once.

Christine Locher: Kemi that is FANTASTIC :-)

Donald H Taylor: The recording, slides, chat and other supporting documents will be available from next week at: <https://www.learningtechnologies.co.uk/digitalhub>

Paul Ashworth: Thank you Fiona. Very instructive and we'll be using your ideas for Jessica Pilates

Emma Pink: Ooh nice Kemi!

Carol Ann: Brilliant session Fiona

Sindhu: Let us all get rid of all mind blocks through yoga and L&D innovations. Thank you, Fiona!

Chris: Love that too - give it a try, one of my big Covid lessons is 'have no ego'! Thanks everyone, have a lovely day!

Donald H Taylor: Our thanks go to today's sponsor, Thrive, <https://www.thrivelearning.com/>

Christina 2: Thanks Fiona and Donald :)

Dom Fry: Thank you Fiona

Emma Pink: Thank you everyone for sharing your ideas, you've all given me some ideas :D

Louise: loved this session

Christine Locher: Keep on breathing everyone ;-)

Linda: Thanks Fiona - lovely start to the day!

Gaelle: Thanks Fiona!! it was wonderful. And I love your voice

Kemi: Christine... we will catch up.. maybe we'll do yoga!

Christine Locher: YAY

Amaka Ozougwu: Thanks Fiona. Very inspirational

Kemi: thank you Fiona

Darrin Cutting: Great session.

Rhona Killane: Thank you.

Donald H Taylor: Thanks everyone. Thanks, Fiona!

Christine Locher: Fiona has the BEST voice

Christine Locher: and Don, of course.

Donald H Taylor:))))))

Thursday 16 July 2020

Fiona McBride: Thank you :)

ReplyForward