

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

### Fiona McBride - Question box

Donald H Taylor: We're collecting questions in the question box under the slides. If you put your question here, it won't get lost. [D4S1]

Christine Locher: Which Yoga style(s) do you teach?

Darrin Cutting: Can you be too old to start yoga (I am 55 but keen to start)

Christine Locher: How do you go about correcting posture with students? (different yoga styles have different approaches for that anyway, how do you go about it online?)

Joanne: Never too old - you can do it today. x

Sindhu:@ Christine Locher interesting question.

Paul Norrington: Would be interested to hear Fiona's comments on pros and cons of following yoga live vs following pre-recorded videos (i.e. self-paced)

Joanne: I have been able to correct posture using language - which is more challenging than being able to hands on assist but has worked.

Christine Locher: picking up from something in the other chat box: Any difference between keeping an existing practice going online, vs. starting completely anew?

Donald H Taylor: Christine - do you mean 'practice' as in delivering teaching, or attending?

Christine Locher: Live classes have obvious space constraints on number of participants. To what scale do you take online classes? Are there meaningful "chunking sizes" at which the design would change?

Sindhu:@ Joanne - Agree! My dance teacher also does that through words and actions

Kemi: Which online platforms do you use?

Sindhu: Zoom

Sindhu: Microsoft teams also work

Joanne: I have used zoom & social media lives

Christine Locher: Are you changing your verbal instruction online vs. f2f? More explanation and specific steps? Less? Same? More silence? Less? Music?

Kemi:@ Sindhu & @ Joanne thanks

Kemi:@ Chrtsine I've found if it's a small group, correction and explanations are easier but if its large numbers then less correction and more encouragement and telling them to listen to their bodies

Sindhu: I wish my teacher deliver it blendedly (:-)) once the pandemic fades away

Kemi: Have you had any moments where you've had something unexpected and you've used it and learnt from it?

Joanne: My verbal instructions tend to be the same as what they were face to face, maybe a little more and I use slightly less music as I cannot control the volume through Zoom. I play instruments as they sound a little bit better through zoom.

Sindhu:@ Kemi, recorded sessions helps me to reinforce my understanding especially for some complex steps. As we all know practice makes perfect:-)

Kemi:@ Joanne I've tried using a microphone and it helps with the music, and giving instructions

Sindhu: help me

Laura Dangerfield: Have you found that you've developed your own technique and skills from self-reflection/watching the recordings and seeing yourself on screen?

Sindhu:@ Laura yes, it helped me to position correctly some of my hand gestures and even my smile (make it more natural and relaxed :-))

Joanne:@kemi thank you

Laura Dangerfield:@Sindhu same! It helps so much for self-development. Getting used to being on camera too.

Steph M: Fiona - what have you learned from teaching yoga online that you can translate into your other L&D work?

Sindhu: Calm

Linda: Good question Steph M. It will be useful to see how we can transfer these skills to remotely training people in practical tasks, such as manual handling.