

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

Fiona McBride - Themed comments

TOOLS

I do 2 Zoom pilates lessons a week

Sindhu: Zoom

Sindhu: Microsoft teams also work

Joanne: I have used zoom & social media lives

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.

FINAL QUESTION

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

YOGA TYPES

Sindhu: Yes, doing Odissi dance (Indian classical dance) which was f2f before

Paul Ashworth: Been doing Ballet Barre instead of rugby!

Louise: Yoga and meditation, I completely agree with the less reserved comment. Also trying to learn Greek (it is not going well)

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: Which Yoga style(s) do you teach?

YOGA AND AGE

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

YOGA AND STUDENTS/PHYSICAL NON-PHYSICAL

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?)

Christine Locher: Yes, I miss the serenity and beauty of a great studio. And always good people around too...

AUDIO INSTRUCTION

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

Paul Norrington: Yoga podcasts?

Emma Pink: Ooh Paul I like your thinking!!

Christina 2: Ooh yoga podcasts is such an interesting idea

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.

Sarah milner: very lovely. new to this practice. you have great confidence in your pauses

LIVE VS RECORDING

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)

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

PHYSICAL VS DIGITAL EXPERIENCE

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.

Darrin Cutting: Thanks everyone. Would it be better to wait until we can do this face to face if I am just starting out?

Emma Pink: Totally agree! Outdoors is definitely the best; I went on a yoga retreat last year and never felt so relaxed

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

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

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

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

YOGA IN TIME OF COVID

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.

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.

HOW TO SET THE MOOD ONLINE

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)

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YOGA AND VIDEO

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 :-))