**Online Yoga with Kiki Guidance for Practicing Yoga at Home**

**How can you create a safe space for practise at home:**

* Recommended space is around 2 feet or 60 cm around your mat in every direction.
* Move furniture or be aware of potential hazards (table corners, corners of chimneys, lights)
* Practise either on a yoga mat or bare floor (rugs can slip)
* Practise bare footed or with yoga socks for grips
* The class is not suitable for children (Whoop whoop Online Yoga is your time, your space away from them!! ;)

**When will lessons take place:**

Thursdays 7.30pm and will be suitable for beginners. Each lesson will last one hour. Please join the meeting 10 minutes early for registration and inform me of any medical changes that may affect your practise via email. This can also be done privately using the written chat feature on Zoom set to private. Once you have signed up for lessons you will be able to join our what’s app group. It is the easiest way for you to gain access codes and links for the lesson.

**Sound and Creating the Right Atmosphere for Practise:**

 For the best sound quality, I will not be able to play music. But if you want to create a more relaxing atmosphere feel free to play relaxing background music. This will not affect the delivery of the lesson as participants will be muted during this time. This is also done to avoid hearing any interruptions that are likely to happen (phones, partners, dogs barking, kids etc...)

Please find a link below to one of my playlists on Spotify that you are free to use. Please note that if you do not subscribe to Spotify then there will be interruptions from adverts.

<https://open.spotify.com/playlist/1TtzWrcQYpSKrkkWgATXZm?si=9cJ7NvspQ2OlyzSdqy26-A>

**Managing Expectations of Online Classes:**

 Online with Kiki classes are available online using the application called Zoom which you need to download and be familiar with prior to the start of the lesson. The app is fairly straightforward. I am stating the obvious but it will be very different from practicing in the same physical space but it is going to be the next best thing. I will not be able to give you hands-on assists and it will be difficult for me to see if anything needs adjusting. In this respect, you know your body better than anybody else. A reminder that in yoga practise one of the aims is to tune inwards so with this in mind do not push past your limits, back away from any movements/ pose that causes a sharp pain, take a break when you need to whether instructed to or not.

I expect that at times there will be teething problems with technology, connections etc… We will have to just go with the flow the best we can.

**Pricing of Online Classes:**

If after the trial lesson you are happy to continue with online classes, you will be able to join at a cost of £5 per lesson for the length to the term. If you are part of a household where 2 of you are practising, then the fee is £8 per lesson. Payments are made by bank transfer in time for the first lesson of the term.

Please ensure that all registration forms are returned and signed prior to lessons starting.

Please sign and return this form via email to show that you have read, agree and will conform to “Online Yoga with Kiki Guidance for Practising at Home”.

In the meantime, if you have any questions please do not hesitate to contact me.

Sincerely,

Signature: date:

Signature of parent/guardian if under 18: date:

Kiki