

Zoom Set Up:**ZOOM ROOM: Check email**

When setting up a space for your home Pilates practice be kind to yourself and know that it may take a couple of tries to get the space that suits you and your practice. Here are some things to keep in mind when setting up. These are guidelines, not rules.

For your comfort, when possible:

- Pick a space that doesn't have thick carpeting. If you have a yoga mat you can use a hardwood floor or carpet.
- Try to have enough space for your mat, and maybe about 6-12 inches on each side
- Have any props you may want to use near your mat
- Make sure you can see YOURSELF on the zoom screen
- If you have children or pets who may interrupt you, please mute your session

Props: No props are needed, but, if you have tight hamstrings, please have something to sit on when we're doing sitting exercises. This can be a pillow, yoga block, or book – you want to be able to sit with your back straight – not rounding into your low back.

- Theraband (resistance band) or a yoga strap
- Yoga block or two is good
- Light weights (1, 2 or 3 lbs) or cans of beans or soup can act as weights

During Stretch Class its helpful if I can see all of you.

For feedback from me during Pilates class:

- Try to set up your camera at ground level
- Set up the camera on the long side of the mat, so I can see you from the side
- If I can see your torso - from neck and shoulders to your hips and tops of legs, I can pretty much tell what the rest of you is doing. Cats and children are optional.

