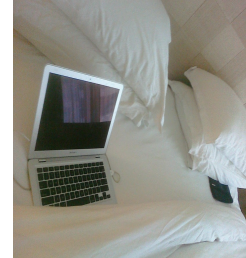


Preparing for your remote sessions



Technology

- High-speed internet connection is a must have. Make sure others in your house don't stream video/ audio at the same time as it will challenge the capacity of the channel
- Laptop with an in-built high quality camera and mic
- In-ear headphones
- Zoom installed and operating on your computer. Go to zoom.us for a software download if you don't yet have it and follow instructions. You only need your meeting ID (usually 9-digit code) - it will be provided to you in advance of your first session
- 'Sleep' settings of your computer must be put on min 3 hours of inactivity
- There should be enough light in the room so I could see your face & chest clearly

Comfort

- Safe and comfortable place where you won't be disturbed for 1.5-2 hours
- A sofa to sit on comfortably without moving, or floor (make sure you use yoga mat or carpet/ rug for softness)
- A table or chair next to it so you could put your laptop on it

Privacy

- You must not be disturbed by the members of your household. Don't test their memory - put a sign on the door!
- Make sure you won't hear any noises - crying babies and barking dogs will distract you from the session

Payment

- Must be made 24 hours in advance

▸ No pets in the room!

If you have any questions email me at willandpowers@yahoo.com