Ideal setup for your Skype or Zoom first session

Starting in a chair near a standard height desk or table—your laptop, tablet or phone is positioned to see you head to arm—and as much of you as possible when relaxed in the second chair.

Propping the device up on a few large books can help improve the point of view.

You should spend a few minutes testing your set up on a call to a friend before your session.

The second chair is a recliner, couch or lounge with foot stool and a pillow for head support.

You'll need headphones or earbuds. Ideally Wifi or with an extension cord long enough to reach comfortably from chair to recliner without having to move your laptop, tablet or phone around.

Headsets with a mic will allow an easier response to guided imagery, particularly in later sessions.