

Okido Yoga UK – Online Activities

This is general guidance which applies to all online activities.

The date, time and fee of each activity will be informed in its relevant webpage or by email.

HOW IT WORKS

We will be using Zoom video conferencing software to stream our online activities. You will need to put a laptop, tablet or phone somewhere where you can see the screen during the activity. Your device does not need to have a camera. You will be sent a link to connect to each activity about 60-120 minutes before it starts.

If you have not used Zoom before but click the link, you will be invited to download the Zoom app to your device or you can use it in a browser. You don't need to create a Zoom account. If you want help setting up your device, please email contact@okidoyoga.org.uk one or two days before the activity, in order to avoid the last minute hustle and bustle.

We send a link to only those who have booked each activity, which is not open to the public. Please do not forward our email containing the link to anybody else.

For your privacy, we will not display any video from your device but you will be able to talk to the teacher(s) if you have a question during the activity. Please be aware that the name you enter in Zoom will be displayed to other participants. You can change your name on your side. The activities are unrecordable on your side. If you want to display your video, please feel free to do so.

To ensure the activity can start on time, please use the link you are sent to connect to the activity 5-10 minutes before the start time. If it's your first participation on Zoom, allow time to download and install the Zoom application.

Once you have successfully accessed to the activity, please pin the teacher's video to display demonstrations as large as possible.

If there are technical problems that prevent us starting or completing a lesson, we will give a replacement activity or refund of the paid fee. This does not apply to our free-of-charge activities. If you have a technical issue on your side that is not affecting other students, we will not give a refund of the paid fee or replacement.

Workshop attendees, please also follow the guidance below:

PREPARATION

Do not eat a heavy meal within 2 hours of the yoga lesson, or a light meal within one hour.

Use a quiet, well-ventilated room and have the following items ready:

- Your PC/tablet/phone to follow the lesson and see demonstrations;
- A yoga mat (or other non-slip surface);
- A (dining) chair to use for exercises;
- A yoga block or neatly folded bath towel (about 5cm in height and A4 paper size);
- A yoga belt or similar strong string to use for exercises;
- A rolled bath towel (diameter 10-15 cm);
- A cushion or small pillow to support your head;
- An eye-pillow to intercept the light during relaxation;
- A blanket to cover your body during relaxation.

Make sure your mat is placed a good distance from any items that could harm you accidentally. If more than one person follows the lesson, make sure you are a good distance apart from each other.

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CAUTIONS

As it is a remote lesson, we cannot be responsible for any accidents in your home. As always, if you have any conditions that require medical attention and still want to attend our lessons, you should only do so on your doctor's advice. You are responsible for ensuring there are no adverse effects on your health from the exercises.

HOW TO MAKE AN EYE-PILLOW

An eye-pillow is used to enhance the depth of relaxation level during savasana. Instead of buying, you may prefer to make one yourself as follows:

1. To make an inner bag, cut out a 22cm x 26cm piece of cotton cloth. Fold it with the right sides together to make 11cm x 26cm.
2. Sew with fine stitches the 26cm side and one 11cm side, leaving the other 11cm side open. Sew twice if you do by hand.
3. Turn inside out.
4. Fill this inner bag with 200 grams of linseeds, and sew up the opening with fine stitches.
5. The simplest way is to wrap this in a handkerchief. Then it is done.
6. Additionally, if you want to make an outer bag, which can be removed to wash, refer to how an ordinary pillow case is made. Work out how you can cut the cloth and fold it, and sew.

If you have any questions, please send an email to contact@okidoyoga.org.uk .