

Teaching Yoga Online: The Technology

I would love to explore teaching online but not sure where & how to start.

There are many ways to do this, and I'm going to just share the step by step process for the way I have decided to do this, which is Live classes, via Zoom.

What do my students need to know?

They'll need internet access, a computer (ideally a laptop) with a camera and a microphone. They should test run your video conferencing platform of choice prior to the call and know that they are STILL getting your undivided attention.

How do students register? And pay?

Francesca is making her online yoga classes simple:

1. Pay \$10
2. Join
3. If the class is full when you join, email us and we'll allow you in for free next week

What are the steps I need to take to teach online?

You'll need:

- A computer with a camera
- Your computer's microphone is fine and using earbuds are great too
 - You do NOT need to purchase a special microphone!
 - You also want your face to be well lit, but you don't need a special light. Just pull any random lamps that you can move and plug them in so they are shining on your face.
- Good internet
 - Testing your internet speed: (*Google partners with Measurement Lab (M-Lab) to run this test.*)
 - Go to [Google.com](https://www.google.com)
 - Search for **internet speed test**.
 - Tap or click *Run Speed Test*.
 - It will take approximately 30 seconds to process the test.

If your speed is slow, test again next to your WiFi router.

- Video conferencing software (we use Zoom)

You'll need to decide:

- How you're going to announce the opportunity (landing page, email and/or social media)
- The dates & times you'll have your session
- Will you teach daily? Weekly? Bi-Weekly?
- The cost
- Which video conferencing platform you'll use (we use Zoom)

We've created a step by step guide that dives deeper into these steps. [Click here for the PDF.](#)

What is Zoom?

Zoom is a video conferencing platform used for virtual meetings, webinars, and yoga lessons. The Zoom website is: <https://zoom.us/>

Francesca uses her "Zoom room" with a special link for a private video conversation with all of her online clients, mentoring programs and the Science of the Private Lesson Online Training.

What do I need to have my own "Zoom room"?

You need to create your own Zoom account to have a dedicated link to your personal Zoom room. Create your account at <https://zoom.us/>.

What's the difference between Zoom's free account & paid account?

The free version of Zoom only allows for a 40-minute session with up to 100 participants. Zoom **will** end the call at 40 minutes.

Zoom has lifted the 40 minute meeting limit to for K-12 pre-approved schools in the United States, United Arab Emirates, Austria, Denmark, France, Ireland, Poland, Romania and South Korea. (Source: [Zoom.us](https://zoom.us))

The Zoom Pro plan (\$14.99 per month) allows a call to last as long as 24 hours with up to 100 participants.

Skype and Google Hangouts are other great platforms but I'm not aware of the intricate details.

How do my students set up their laptop and mat?

Clients set up their laptop far enough away so you can see them & the side view of their full mat. The whole horizontal mat should be in the camera frame. Francesca works with the client to make little adjustments as needed at the top of each session.

Can I record the sessions on Zoom?

Yes!

How do I share the video with my students?

When your Zoom recording is complete, within an hour Zoom will email you two links to your cloud recording.

One link is for you, the host. It'll take you to your host portal to download the file. Francesca downloads the file to her computer, uploads it to Vimeo for personalization. This step isn't *necessary*. Because....

The second link Zoom provides is for your viewers. You're welcome to share the Zoom link directly with your students.

I'd like to upload the Zoom recording to my Vimeo account. Can that be done without taking forever and lagging my internet?

Of course!

Step 1: Be sure your *cloud* recording is enabled in Zoom. (It's automatically enabled for those with paid accounts.) To enable cloud recording, [visit this page \(transcript & video\)](#)

Step 2: Link your Dropbox to Zoom:

- Sign in to dropbox.com.
- Click your profile picture (or face icon) in the upper-right corner.
- Click Settings.
- Click the Connected apps tab.
- Next to Zoom, click Connect to Zoom and follow the prompts.
- ([Source: Dropbox](#))

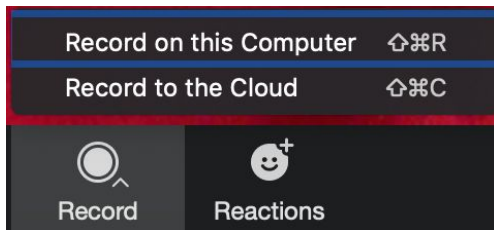
FYI: Your cloud recording will be processed and connected to Dropbox. Your local recordings will live on your computer.

Step 3: Record your meeting in Zoom.

- Tap on Record



- Select Record to the Cloud



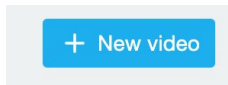
- When the meeting is complete, end the meeting by tapping on “End Meeting”



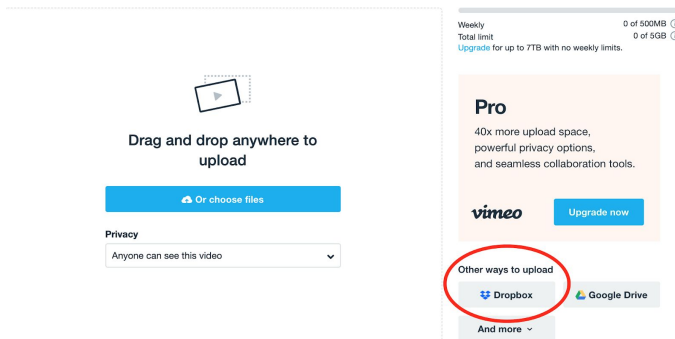
Step 4: Be Patient. The recording could take up to 72 hours to process. Thankfully, Zoom will send you an email when the recording has been processed. And Dropbox will too!

Step 5: Vimeo & Dropbox!

- Log into Vimeo
- In the upper right-hand corner, tap on + New Video



- Top on Dropbox in the “Other Ways to Download” section



- A pop-up box will appear. You'll be prompted to log-in to your Dropbox, or you'll see your list of files.
- Find the ZOOM folder, choose the video & voila! The video will begin uploading!
- You will receive an email from Vimeo when your video has been processed.

Cool Vimeo Tip:

If you spend a few minutes or seconds setting things in Zoom, you can tell Vimeo when to start playing the video with a simple addition to your Vimeo URL.

For example, the URL for your client session is **www.vimeo.com/123987456**

You *officially* begin your session at the 1:03 timestamp. To begin your Vimeo recording at the 1:03 timestamp at the following to the end of your URL: #t=1m3s

The new Vimeo URL for your client session will be **www.vimeo.com/123987456#t=1m3s**

I teach many group classes via Facebook live, can I download and those to Vimeo too?

Yes!

1. Find the video you want to download on Facebook, right-click on it and select “Show Video URL” and copy it.
2. Open a new tab in your browser and paste the video URL.
3. In the URL, change “www” or “web” to “mbasic” and press Enter on your keyboard.
4. Click on the video to open in a new tab.
5. While it’s playing, right click on it and select “Save Video As...”
6. Name it, choose the folder to which it should be saved and click SAVE.
7. Open Vimeo and upload the recording!

(P.S. We can’t take the credit. [Source: YouTube](#))

I noticed there are Zoom tutorials for students but not for hosts/teachers.

Zoom has plenty of resources for guests and hosts. Visit <https://zoom.us/resources>

I have more questions. Who should I contact?

Email Jess, Francesca’s right-hand lady at support@francescacertero.com for additional support.