

QUICK START GUIDE

+SET UP SKYPE OR GOOGLE+ on your laptop, tablet or desktop:

+You may find your instructor's Skype name In your conformation email

+Please be prepared to video call your instructor 5 minutes before your session.

+SET UP YOUR IN-HOME SPACE

+Orient your yoga mat or Pilates mat so it can be fully seen in webcam view.

+Create a quiet space.

+Turn on the lights and make sure your instructor can see your form.

+Wear comfortable workout clothing.

+Have a bottle of water nearby.

+After your first session, your instructor may advise you to purchase props:

+SET UP BEST VIDEO/AUDIO CONNECTION POSSIBLE

+Download the most updated browser (Firefox or Chrome are best)

+Plug your computer into a power source

+If possible, plug computer directly into ethernet cable rather than using WiFi

-or- place your laptop as close to the wireless router as possible

+If using WiFi, make sure other in-home devices are shut off

+Turn off screen saver and sleep mode

+Shut down all other programs/downloads running on computer

+For enhanced sound: plug into external speaker system or use wireless headset

+Make sure your space is quiet to avoid glitches in audio connection

+To test your internet connection speed: www.speedtest.net

Skype recommends:

For 1:1 connections (high-quality) – 500 kbps download/500 kbps upload

For 1:1 connections (HD) – 1.5 mbps download/1.5mbps upload

Google+ Hangouts recommends:

For 1:1 connections – 1 mbps download/1 mbps upload

For group video connectivity – 2 mbps download/1 mbps upload