

Preparing for Your Online Class

Follow the steps below before joining your first class meeting.

Give yourself ample time to read and prepare, so you can successfully join the online classes. We look forward to seeing you "there"!

1. Set up your computer

- Set up your computer, download Zoom, and join a "test meeting" - learn more at www.stresscarentraining.org/technical-requirements.
- Headphones or earphones/earbuds are recommended.

2. Set up your space

- Choose a space where you will be undisturbed.
- You will need floor space for the yoga, walking, and lying-down meditations. Space for walking should be at minimum the length of a yoga mat.
- Set up a comfortable seat in front of your device so your face will be visible on screen, and lit from the front, if possible.

3. Bring the following to each class meeting:

- Yoga mat, camping mat, or thick blanket for the floor
- Light blanket to cover the body
- Pillows for support
- Water (hydration)
- Journal, homework pages, and writing instrument - learn more at www.stresscarentraining.org/active-student-info
- Optional: *Full Catastrophe Living* by Jon Kabat-Zinn

4. Be present

- Set aside this time to be fully present for class. Consider leaving your cell phone in another room. Rest inside yourself!

5. Join the class meeting

- Join the class from your email link, or from the Zoom website using the class Meeting ID - get details at www.stresscarentraining.org/how-to-join-zoom.

6. Etiquette during class

- Classes begin and end promptly. Join the meeting a few minutes early, and remain in the "Waiting Room" until the teacher starts the class and lets you in. It is important to be on time.
- Join with video and audio. Your microphone will be muted upon entry - do not unmute your mic. When you are muted you can still hear everything that is going on.
- Acquaint yourself with the controls: Mute/Unmute, Video On/Off, Raise Hand, Chat, and GalleryView/SpeakerView.
- Keep your microphone muted and your video on during class.
- Use Gallery View.
- Use the Chat function sparingly.
- In class discussions, raise your (real) hand to let the teacher know you want to talk. When the teacher calls on you, unmute yourself. When you are done speaking, mute yourself again.
- If you need to leave your spot for a moment or for a bio-break, turn your video off. When you return and are settled in your seat, turn on your video. Keep yourself muted.

7. Active student info page

- Learn more about the online classroom at www.stresscaretraining.org/active-student-info

If you have questions, contact us at info@stresscaretraining.org

We look forward to meeting you!