



A GUIDE TO TEACHING YOGA CLASSES ONLINE

Insurance

As a yoga teacher, you should have an insurance policy in place. However, not all policies will cover you to teach online classes, and those that do may be conditional. For example, you may be insured to teach live-streamed classes, but not for pre-recorded classes. You must check with your insurance provider before setting up online classes. Yoga Alliance Professionals offers public liability insurance through Balens Ltd. This policy permits yoga teachers to teach online classes, assuming you do the following:

1. Class participants can be based anywhere in the world, except for the USA and Canada, unless you already have specified insurance in place for these territories.
2. If you already know your students and their health needs, then they are ready to participate in your online class. You can let new students join your class or share a link to a pre-recorded class; however, you must do a pre-class consultation with them first. You should get them to complete your usual health questionnaire on the phone or via email.
3. The teacher needs to keep record-keeping up to date. You will need to record when your students access classes, and your students need a way of reporting questions/concerns to the teacher.

This includes Live streaming and Pre-recorded sessions.

Do not have your insurance with us? [Talk to a member of the team](#)



Live Streaming vs Pre-Recorded

Live Streaming

Live-streaming your classes allows you to interact with your students in a way that most resembles a physical class. It can be more engaging than pre-recorded class and can help students maintain a sense of routine. While live-streaming can be more expensive up front, it is usually less time consuming as you do not need to pre-record the class.

Zoom - This is a popular option as it allows you to schedule a session and invite your students onto the platform. If you want to set up a paywall, you can ask students to sign up to the class on a scheduling app and then send the Zoom link to anyone who signs up. Zoom is free for a session of up to 40 minutes. After this, there is a monthly fee. [Watch our Zoom guide here.](#)

Skype - Skype is useful for teaching both private clients or small groups. Either send your students an invite to join the call or ask them to participate at a pre-arranged time. Students can access Skype via their mobile device, laptop or iPad.

Google Hangouts - Google Hangouts are great for use on laptops or mobile devices. You can invite fellow users, or add others to a call using their phone number or email. Students can choose to keep their audio and video on or off depending on their personal preference.



Facebook Live- Facebook is an easy and accessible way of live-streaming your classes as most people will already have a Facebook account. You can also create a paywall on a Facebook Group that requires students to make a payment before accessing the group.

Pre-Recorded Sessions

As per the insurance conditions, you should only share pre-recorded classes with students who have carried out a pre-class-consultation. It is important that students can contact the teacher at any time during the session. Before you record the video, make sure the setting is bright, and you are in focus. It is also worth checking you have enough storage to hold at least an hour's recording.

Youtube - To comply with the insurance policy, all videos should be uploaded as private and shared directly to your students via a unique link; preventing anyone from accessing the classes without the teacher's consent.

Vimeo - Vimeo operates in a similar way to Youtube where a saved video can be accessed via a private link sent to students.

Email/Dropbox - You can send your videos as a downloadable file for students to access.



Pricing Classes

Despite the changes affecting your services, we must continue to respect the yoga teaching profession and charge a reasonable fee for online classes. You may wish to offer a one-off discount for the first online session to get a feel for a streaming service. Following this, we recommend you continue to price your services at a reasonable rate that covers the time and energy you put into creating these classes. Your students are not paying for a single session; they are paying for years of training, time spent creating and preparing for the class, the work required to set up a video and recording equipment. Many online scheduling systems have an inbuilt payment processing system, or you can use Paypal. When payment is received, you can then send the student a link to the video.

Equipment

To ensure your recordings are of the highest quality, you may wish to consider purchasing a microphone and some additional lighting. Additionally, it may be worthwhile getting hold of a tripod that can hold different types of recording equipment such as a phone or camera.



Possible Programmes:

At this challenging and uncertain time, yoga is the ideal practice to help support the mental and physical health of the population. With people forced to self-isolate, they should continue to move their bodies, foster mental wellbeing and retain a sense of community. Offering regular yoga classes is the perfect way to do so.

Whether it be a weekly class, a 1-1 session, or programme of daily challenges, yoga can provide a needed sense of community, routine and wellbeing. Now is the time to get creative!

We hope this information is helpful, and wish you all the best for setting up online classes.

If you do have any questions, do not hesitate to get in touch. Look after yourselves and stay safe.

The Yoga Alliance Professionals Team