



Creating an Optimal At-Home Class Environment

To get the most out of your online Nia class, there are things you can do to set yourself up for success and optimize your at-home class experience.

Each individual's home environment, space and available technology, and technical proficiency will be different. You are welcome to participate at any level or capacity that serves you.

We have created this guide to assist you in creating an optimal at-home class environment for your space.

LEVEL ONE (required)

In order to access your online training, you must have access to a computer, tablet or phone that has ZOOM Online Meeting capabilities. Visit the Zoom website at <https://zoom.us/download> to download the ZOOM app to your device before your first scheduled meeting

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LEVEL TWO (recommended)

- Create the space for you to be fully present for your class time.
- Do your best to remove distractions and arrange your space to ensure minimal interruptions.
- Allow yourself enough space to MOVE and dance.
- Intentionally create a beautiful space for yourself to be fully present.
- Clear clutter in your space and create beauty with flowers, candles, art or anything else that brings you joy.
- Ensure you have a working webcam so that you can see and be seen by your teacher and fellow students (most newer computers, tablets and smartphones have a webcam built-in)

LEVEL THREE (encouraged)

There are many things you can do with technology to maximize your at-home experience. What you choose to do will depend on your available technology and budget. Below, you'll find a few suggestions to create the best-possible at-home training experience.

- **Connect an external speaker to your device for optimal sound** (please note, you will want to connect your speaker with a chord versus bluetooth technology. Bluetooth often causes a time delay in the sound that can be disruptive.)
- **Display your ZOOM meeting on a larger TV screen or monitor for a larger, clearer picture.**
- **Ensure adequate lighting** in your space so that your face can be seen! You can make sure your webcam is close to a window with natural light or place a lamp near you.

Remember, no matter how you connect for your online class sessions, the most important piece you bring is an open spirit and a desire to learn.

We look forward to sharing this experience with you!

This information is not medical advice and is intended for informational and educational purposes only. Always seek the advice of a physician or other qualified healthcare provider with questions regarding any medical condition, I do not recommend or endorse any specific test, physician, product, procedure, opinion, or any other information provided herein for every individual. Reliance on any information provided herein is solely at your own risk.