

How to get the most from your Zoom Awareness Through Movement Experience.



We have learned a little from our Awareness Through Movement On-Line Experience so far . . . This is what we have learned.

- It seems to work fine whether you are using a laptop, desktop, iPad, or “fancy” phone . . .
- It may not be possible for everyone to accommodate this, but do your best . . . It seems that it is best if:
 - **You have your phone (or other device) propped up on something about 15-20 inches high** . . . and of course the camera angled down toward YOU! This will be the same if you are using a laptop or an iPad or desktop. Make sure the camera is angled down toward you.
 - Whatever you prop your phone or other devices up on (stool, box, etc.) it would ideally be about **3 feet away . . . at your feet** (Not at your head).
 - This will allow me to see you almost exactly as I would in an in-person class. Ideally you would have enough room on each side, if you lengthen your arms out to the side at 90-degree angles from your shoulders (as you see in the 2nd photo). But this not absolutely necessary.

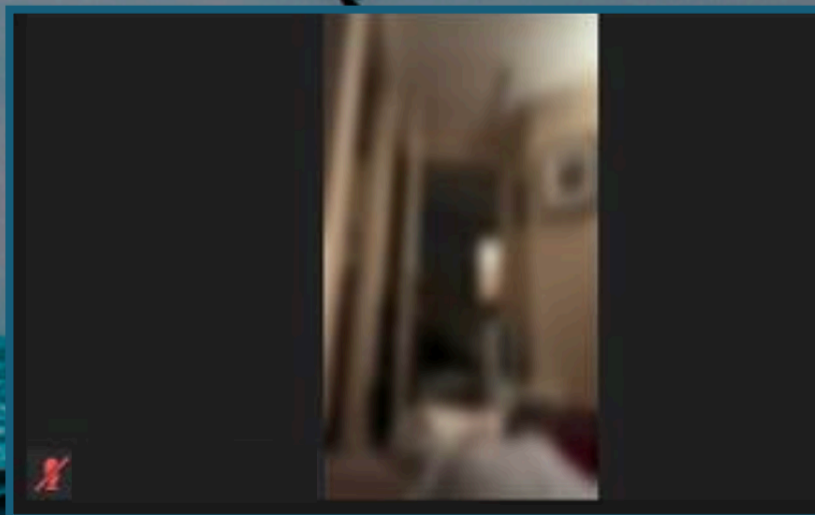


As you can see in the photos below, these two individuals are attending the same class. One has the luxury of a lot of space – the other is limited by the cabinets on each side of him. **If you are limited in space, you can still attend!** The instructor can always help you to adjust so that you will still benefit from the lesson!



- As far as lighting, do what you need to do given your individual situations. Just keep in mind the more the light, the better I can see you. That helps me to give you feedback, but it isn't absolutely necessary that I see you. Each of you can make your individual choices.

Here is an example of someone in class that I am not able to see at all for several reasons (darkness; angle of camera, height of camera, etc.).



We look forward to seeing you in class some time!