



VIDEO GUIDELINES

for Partners

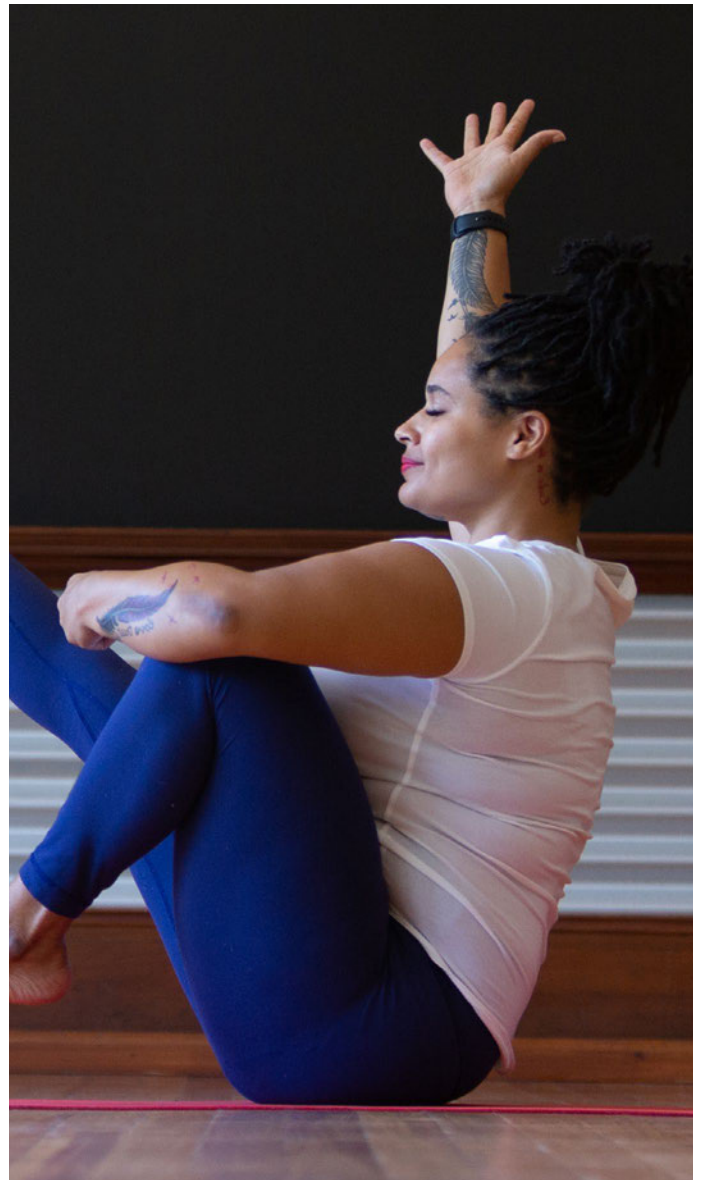
Hello, yoga teachers and studio owners,

We are very happy to work with you to help you in providing online yoga classes for your students.

Below are guidelines to follow when recording your own classes. You'll find tips for lighting, audio, camera set-up, how to best frame a shot, and more. If possible, it's best to have someone else sitting behind the recording device to make sure everything runs smoothly.

Warmly,

The YI Production Team



LIGHTING

- Film in a well-lit room.
- Turn on all available lights (dim lighting does not read well digitally).
- Try to film opposite a window; avoid having a window behind the teacher/subject.



This is an ideal spot! There is no window behind them, and it is a well-lit room!

CAMERA

- Make sure you are shooting in landscape! If using a phone, this means holding the phone horizontally.
- Place the phone or camera on a sturdy surface that will not move throughout the class.
- If possible, have the phone or camera elevated off of the floor.
- Make sure the phone or camera has enough battery power and memory to capture the entire class.

***If using a camera phone, use the camera on the back, NOT selfie mode. The quality is much better!**



This is an ideal at-home set-up using a camera phone. This depicts the viewpoint of the person sitting behind the recording device.

FRAMING THE SHOT

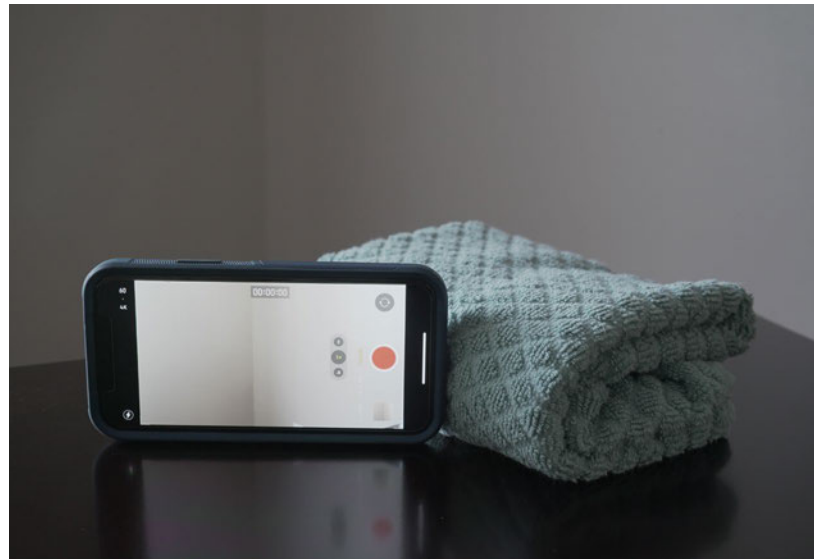
- Center the mat in the camera.
- Position the mat so that the long side is facing the camera.
- Have extra space on all sides of the mat in case poses go off of the mat.
- Make sure the teacher or student's entire body is visible throughout the practice— *i.e., check that the person demonstrating the poses is fully visible on camera when standing with arms overhead before you begin filming (but not so far away that the audio recorder won't pick up the teacher's voice).*
- The simpler the background the better!



This is a great example of a well-framed shot; it depicts each item on our list.

AUDIO

- Film in a quiet environment. Turn off any electronics, or other sound-producing devices such as air conditioners, televisions, space heaters, and fans (the quieter the better)!
- When possible, face toward the recording device when you speak.
- Project when you speak (especially if facing away from the recording device). Imagine you are teaching the student farthest away from you.
- Make sure that the device you are recording with is:
 - Not covered or blocked.
 - (Ideally) not on the ground.



DO NOT prop the camera phone against a soft surface.



DO prop the camera phone against a hard, sturdy surface. Choose a set-up that allows the phone to be upright, not tilted.

CLOTHING

- The simpler the better!
 - Think minimal patterns and avoid stripes
 - Bright colors tend to read well on camera.
 - Choose clothing that you won't have to adjust while teaching.



TEACHING TIPS + BEST PRACTICES

- Imagine your students are all in the camera. Cue them through a class just like you would a live class.
- Feel free to demonstrate the practice while you teach! The other option is to have someone model the class for you, while you stand behind them and give instructions. (Just remember, your class is still in the camera! Teach the class for them and not for your model.)
- Try to keep props to a minimum or offer substitutions easily found at home (*ie. a couch cushion instead of a bolster*). Keep all props behind the mat when not in use.
- Be yourself!

***Always test before you film! Make sure the video and audio quality is as good as you can get it!**

*Learn more about our
Community Partner Program*

Here

