

What we say matters.

Ten points to consider in your online offerings:

1. Be yourself.
2. Prepare but be open to what arises.
3. Groom the background.
4. Remember to thank people: your students, your techie help, etc.
5. Create a ritual, however simple. If at all possible, always have a moment of silence and centering at the beginning of the class/workshop and at the end.
6. We communicate visually and verbally when we teach online. Both are equally important, so “what we say matters”.
7. Lower the tone of your voice, not the volume. And slow down.
8. If a “mistake” happens, just roll with it; we are all human.
9. Acknowledge what is going on in the wider culture without dwelling on it. Part of the reason people are online with you is to receive comfort and refuge from the world.
10. Stillness and silence are nutrients for the soul. Hold the space for silence and stillness to arise. You are not wasting time.

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More from Judith Hanson Lasater at www.judith.yoga