



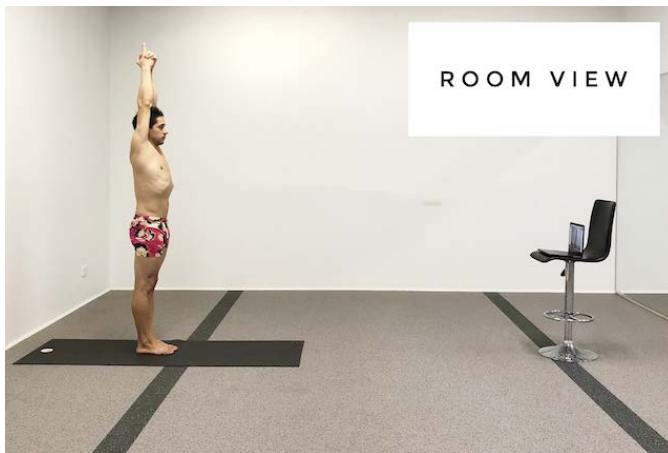
HOW TO SET UP YOUR HOME STUDIO

Heating:

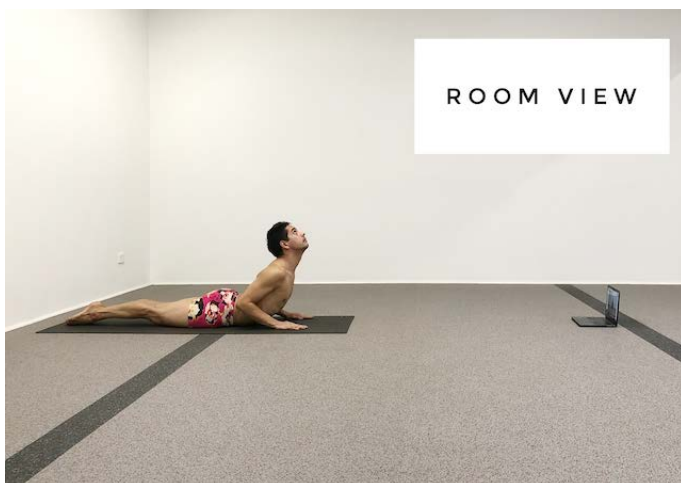
- Use your aircon (close the doors and curtains to insulate)
- Use a space heater or a radiant heater
- Get a humidifier and/or a mirror as a bonus!
- If your bathroom is big enough, do it from there. Turn the shower on hot for 5-10 mins to get a good steam going! (You can get in and warm up)
- If you are going to use heating, take 10-15 mins to warm up the room
- If you aren't going to use heating, it's fine! The SERIES and sequence is the magic, the heat just aids everything so you'll be okay! In this instance, don't stretch as far as you would in a heated class, dial it back a bit

Room Set Up:

- Allow for enough room for a mat
- Allow enough space to step sideways, and arms out to either side
- A computer is preferable as it allows for a bigger view, however use whatever you have, phone/ipad/tablet



For the standing series, it helps to elevate your device. Do place it further away (if possible) as this allows for us to see all of you



For the floor series, there are two options:
1. Place your device in front of you so we can get a frontal view of your practice OR



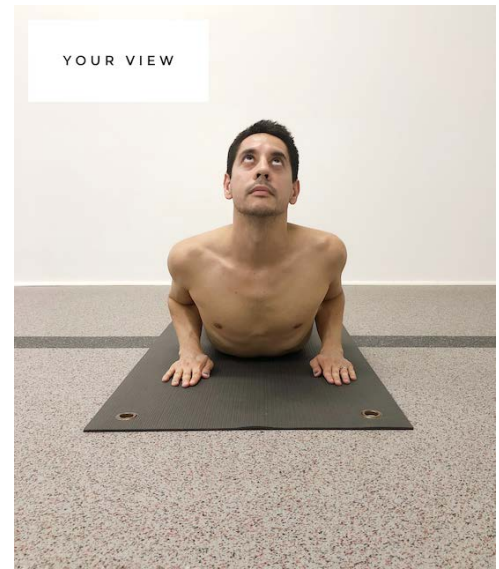
2. Place your device to the side so we can get a side view. At the end of the day, it's whatever your space allows for!

Your personal view will look like this in your device.

1. Standing series



2. Floor series



OR

