

## Set Up Requirements

**KRI Kundalini Yoga Asia Teacher Training Level One Sept 2020 – March 2021**

ONLINE + IN CLASS

**The following items will be necessary for you to fully participate in this online/in class training format:**

- Access to a reliable dedicated internet connection (please test it before so you are sure you can access). Do consider if you are at a location with multiple users, to ensure you have a sustainable and fast connection.
- Established zoom account (account is free: go to [zoom.us](https://zoom.us) to register and download); the program facilitator will invite you to the ONLINE zoom sessions but you need to have access to zoom to join. If you need help with this, please contact us for support ([kyasialevelone@gmail.com](mailto:kyasialevelone@gmail.com)); Please also see 'Zoom Tips for Yoga Training' for help on how to physically set up for the Online training sessions.
- Access to a desktop or laptop computer with video camera and adequate screen size for your viewing of ONLINE trainings (viewing on a mobile phone will not be sufficient or convenient; during LIVE video sessions on zoom, cameras must be ON so all participants are fully visible and we can support the group experience online)
- Ability to attend (if needed, travel to) the in country location for IN CLASS training sessions. This will be a major centre in your country of registration. You will be advised of the location at the time of your registration.

### **OPTIONAL:**

- Access to a second viewing device to see the e-books and course content during online sessions may be helpful, but is not essential. Some students will view the online zoom sessions on their laptop, and simultaneously view the e-books or hand outs on a tablet or similar device to avoid printing. Students may also choose to prepare print documents before sessions (this is different from content shared by facilitators with share-screen while online).

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