

# What is TLY Online?

TLY Online is a new series of **dedicated online classes** from 6 April where the teachers are teaching a **FULLY ONLINE** class on our favourite Zoom platform.

- Small classes sizes, same quality teaching with more precise cues suited for those practicing at home.
- Suggestions on how to use furniture and props that are already available in most homes (hello dining chair!).
- 100% attention from the teacher who will be able to view every person from her wide-screen.
- Two-way communication! Speak to the teacher if you need to or drop a comment.
- Convenience and comfort for those who aren't able to make it to the studio.

Available for booking online now – just look for classes indicated [TLY Online] in the MINDBODY schedule. Scroll through the slides for some FAQs.

# FAQs

## **What's the difference between live-stream and dedicated online classes?**

In a live-stream class, the teacher is teaching a physical class and an online class at the same time! In a dedicated online class, our teachers are focused on you practicing at home.

You get the same women-focused and trauma-aware teaching that we're known for, and our online classes will still be small-sized (no more than 10 pax) so that you get the same dedicated attention as you would in person.

## **Will I be seen by others?**

Only if you enable it! You can choose not be viewed by the teacher or anyone else in the class.

## **What equipment do I need?**

You will need a phone, tablet or a laptop to be able to attend the online class. Get yourself a mat and if you'd like to give yourself more support, we will suggest that you get yoga blocks, a strap and a bolster, but remember that there are probably things at home that will be wonderful alternatives. For examples, rolled up blankets, towels, small stools, sofa, chairs, etc.

# FAQs

**I don't have a mat or props, where can I purchase them without breaking the bank?**

There are so many wonderful places to purchase mats and props online. We recommend Decathlon for their affordable and great quality mats and props. A mat, strap and blocks will cost less than \$50 there!

**I would like a recording of the class, is that possible?**

Right now, we are keeping this as personal and connected as possible. We also want to honour our teachers who are teaching TLY Online 'live' and in the moment, and their teaching is best experienced as such.

However, if you had to leave the class to attend to an emergency, we will be happy to provide a link for you to view the recording.