ISHA EUROPE: YOGA VEERA GUIDELINES

**Sessions you can offer:**

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| **Meditation for Beginners** – 45 mins  Includes: Isha Kriya  **Inner Engineering Introduction** - 45mins  Includes: Isha Kriya  **Yoga for Well-being** - 50 mins  Includes: Yoga Namaskar & Nadi Shuddhi  **Yoga for Mental Well-being** - 60 min  Includes: Nadi Shuddhi & Isha Kriya | **Upa Yoga (80 mins)** –  Includes: Directional Movements, Neck Practices, Yoga Namaskar, Nadi Shuddhi  **Upa Yoga Complete (110 mins)** –  Includes: Directional Movements, Neck Practices, Yoga Namaskar, Nadi Shuddhi, Nada Yoga, Shambhavi Mudra, Namaskar Process  **General Guidelines for these sessions:**  Please leave a 1.5 hrs gap after a full meal for Yoga Namaskar.  **Age limit:** 7+ years for Nadi Shuddhi, Upa Yoga  12+ years for Isha Kriya |

**Practices offered by Sadhguru:**

* Please do not create your own session or modify the session sequence / practice video or offer anything other than what is provided in the guidelines.
* Please conduct the session with the help of the practice video and do not demonstrate or teach any practice on your own.
* Please do not answer questions about practices on your own unless you have been formally trained. You can direct participants to trained volunteers and practice support emails for any questions.
* Lastly, please do not use this for any purpose other than as a free offering for the wellbeing of others.

**Committed Atmosphere**

* It is best to sit in Ardhasiddhasana.
* Wear neutral, light colour clothes (nothing sticking out).
* Keep your space calm & away from disturbances.
* 30 minutes before the session starts, play Yoga Padhi / welcome music.

**Online sessions Guidelines**

**A few days before the Session:**

* Test if your internet is fast and stable. (Use this link to test: <https://www.speedtest.net>).
* Do one Dry-Run of the entire flow of the session with another Yoga Veera / Volunteer. Use the same platform that you will use during the real session so you can check your mic, camera and the streaming of the videos.
* Test the general registration for your session, follow the link you have provided to everyone interested and register yourself. You should receive a confirmation email immediately after registering.

**On the day of the session:**

* As part of the confirmation email, there will be a button for 'Join the Session Here’. Clicking the button will take you to a webpage with guidelines for the webinar.
* **Important! Test the ‘Join Now’ button on this webpage 30 minutes before your session to ensure it is linked to the correct Google Meet or Zoom ID.**
* **Need help?** Please join this Whatsapp group 'Wave of Bliss Yogaveeras' via the link below.

Here volunteers will be able to support you [isha.co/WaveOfBliss\_yogaveeras](https://isha.co/WaveOfBliss_yogaveeras)

* Make sure the Laptop/PC is connected to the power.
* Do an Audio / Video check.
* Make sure you have all the files ready for the session.
* It helps to have a person who gives you tech support; to let people into the session, share links, manage the chat, etc...
* Ensure you are relaxed and settled before the session starts :)

**During the session:**

* Open the session 30 minutes before and play Yoga Padhi.
* Make sure all the participants are muted to avoid unnecessary background noise from the participants.
* You as host, and your buddy as co-host, will receive a notification when participants enter the meet. By clicking on ‘admit’ you admit them to your session.
* You or your co-host can manage the chat, send chats to an individual or to everyone and mute participants if needed.
* You can ask the participants to pin your window for seamless video, make sure you know how to explain this well. You want to avoid confusion.
* While one of the videos is being played, note the number of participants that attended the session.

**After the session:**

* Share your experience and the feedback you got with us! You can record a short video sharing your experience of the session and send it in the Whatsapp group.
* You could also record a sharing from the participants of your session.
* Plan for your next online session! :)

**Platform and technical tips:**

Familiarise yourself with the platform: Google meet / Zoom

**In Person session guidelines**

**3-4 Weeks before the session:**

* Book the venue / reserve the room or hall for your session.
* Find out if there are yoga mats, chairs & cushions at the venue.
* Check if you have the materials you need to hold the session. Large screen / Projector, Speakers, Microphone if needed.
* Test the materials so you can ensure all equipment is working.

**Before the session:**

* Set up the hall in such a way that the entrance is at the back of the hall setup.
* Set up signage for participants to find your event.
* Send a reminder to those that accepted to join.

**During the session:**

* Open the doors 30 min ahead and play Yoga Padhi.
* During a video, note the number of participants.

**After the session:**

* Share your experience of the session with the other Yoga Veeras in our Whatsapp group.