



## Setting up your Home Learning Space for Online Learning.

By Lisa Paterson, M.Ed., ERYT, C-IAYT.

Everything has changed. Most of us are now learning and teaching from home. And there's something about preparing a dedicated learning space - no matter how small - that helps us to remember our commitment to the process of learning and developing our skill. If you've ever created an altar, this is similar. It's about more than your own personal learning - it's an act of contributing to the world as a student of yoga therapy. Your SEYT directors and your classmates and colleagues will benefit from your preparation, as will you!

Here are some tips to help you create a cosy and quiet space that will be conducive to your learning process.

### Choose a space where you have enough room to lie down and roll around.

This might be the corner of a bedroom, or it might be a dedicated room. If you have enough room to lie down and walk around a

bit, you'll have a multi-purpose learning space - it will work for your movement and meditation practices as well as any lecture and discussion sessions.

**Clean and clear the space** as best you can. Ideally move every object out, vacuum the carpet, wash the floor. Starting with a relatively blank slate gives you the chance to recreate this space in a way that supports you and your learning needs.

**Don't rush.** This can be a slow and thoughtful process. You can take a few days or a few weeks to slowly clean, clear and create your space. Imagine that there is time enough.

### Add items into your space that have a purpose:

- **Add beauty.** Choose a few items you love to accompany you on this journey. For me it's some of my paintings; for you, it might be art, or photos, or seashells, or stones...
- **Add comfort.** Choose items that will support you, like cosy blankets, cosy socks, shawls, bolsters, glass of water, box of kleenex.
- **Add learning tools.** Laptop or other device, charger, notebook and pen, books. Experiment with where you will sit to listen, and how you will sit or lie down to write. Do you need a little stool or stack of books to boost your laptop or iPad? Where can your device rest so that you don't have to move it constantly? See if you can come up with a couple of different resting spots for your device, that allow you to still move around and see the screen.

**Think through how you will respond to interruptions!** This is key, because interruptions will happen. The reality is that many of us are sharing space with other people and creatures! So the level of quiet and privacy you can expect will differ greatly from person to person. Do you have a 4 year old at home? Are you a single parent? Do you have teenagers in the house? A dog who insists that your corner is his corner?? Your answers to these questions will help you set realistic expectations for yourself - especially regarding potential interruptions during a learning module.

**Create reminder signs** that will go up on the door of your learning space, or around the house. These signs go up before a learning period begins, and whenever school is in session. It's another step in preparing yourself and any family members for the shift in focus that is coming.

**Download the Zoom app and accept your Google Classroom link.** If these platforms are new to you, play with them! Ask us for help - we will schedule a 30-minute video chat to experiment with this technology. It's so worth doing this in advance, so that the tech doesn't take over your focus when school begins.

**On school days, show up 15 minutes before the start time.** This will give you a chance to get some water, to make sure your devices are charged, to address any technical issues, to pick up the lego or cat toys that have mysteriously appeared...:)

**During class time: Allow yourself to move, according to any wise input from your body!** The beauty of online learning (compared to in-person learning) is that you may feel a greater freedom to move and shift when your body asks for a change of

position, or to walk around while listening. This can be a beautiful way of following the body, and so relevant to the work of an embodied yoga therapist.

It's no small thing to have committed to an 800-hour training. Congratulations on taking this incredible step! I hope the above ideas will help you to create a space that will support your learning. May you learn how to show up with humility and kindness - for your clients, for your colleagues, and for yourself.

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