

Welcome Awake Live Virtual Classes

Class Preparation and Participation Guide

Required Equipment

- **Computer or Phone:** Classes are held live via Zoom. While you won't need to commute, you'll require either a computer or a phone to join.
- **Camera:** It's recommended to keep your camera on. This allows for feedback on your form and helps you move more effectively. However, if you prefer privacy, feel free to keep your camera off.

Device Setup

- Position your device so your whole body is visible on the mat. Placing your phone or computer at an angle beside a wall or a stack of books, a few feet from your workout space, usually works best. This way, you can see the screen, and your instructor can see you.
- Test your setup before class to ensure you're comfortable and ready to start.

Exercise Surface

- An ideal surface is a 3/8" exercise mat for cushioning.
- If you don't have one, alternatives include:
 - Two yoga mats stacked together
 - A yoga mat on carpet
 - A carpeted area
 - Several towels or blankets stacked to fit your body's length

If you lack all of these, contact your instructor to discuss other options

Emphasis is placed on providing as much cushion as possible for spinal movement. However, the most important thing is to move—choose what works best for your body and space.

Additional Supplies

- Have one or two hand towels, bath towels, or blankets available. These can assist with head and rib cage alignment or support spinal curves.
- Keep water nearby to stay hydrated.

Recommended Attire

- Bare feet or grippy socks are preferred—avoid regular socks as they may cause slipping.
- Wear clothing that supports free movement yet won't bunch or tangle underneath you. Leggings and sports bras (for women) are ideal, but shorts, sweatpants, workout shirts, and t-shirts also work.

Choose outfits that let you move comfortably and safely.

Avoid baggy shirts that might get in your way during exercises.

Health Considerations

- If you're unsure whether Pilates is appropriate for you, consult your doctor before participating.
- Inform us in advance (by email) if you have health issues such as sciatica, scoliosis, osteoporosis, tight hamstrings, back or neck problems, hip pain, or if you are recently postpartum.

Always listen to your body. Pilates and other exercises should be challenging but never painful. If you experience any pain, pause, take a break, and wait for the next movement.