

Tips for Lighting and Filming Yoga Therapy Online

By Amy Wheeler, PhD, C-IAYT

1. Properly light your face at the beginning of the session/class. You may need to experiment with different forms of light (soft, bright). The light will change at different times of day in your room, so get ready to have several solutions.
2. Let the light come from behind and/or above your computer/device and shine on your face. Indirect lighting is best (you may need to cover the light source slightly). Don't use a light from the side.
3. Use natural light or filming lights. Lamps usually do not do the trick, as they provide uneven lighting. Remember that the glow of your computer screen is also a form of light that you can adjust.
4. Connect with clients face-to-face and have a conversation just as you would in person, socially engaging at the beginning and end of class so they can see your relaxed face, eyes, and smile.
5. Fill up the entire space with your face—don't leave most of the screen with blank space.
6. It's best to have the camera aiming straight on or slightly above (looking down at you) for a most flattering look.
7. Do not wear stripes or patterns. Solid colors are good, but black can have a flattening effect, widening your image. Choose to wear the colors of your eyes, lips, or hair to highlight yourself and your natural beauty.
8. Wear a color opposite your (simple, uncluttered) background. If your background is light-colored, then wear dark colors; if your background is dark-colored, then wear light colors.
9. Loose clothing can make it difficult for students to see the shapes your body is making.

