

smjernice.

Što trebate: prostirku, (po mogućnosti) tiha soba u kojoj Vas nitko neće ometati, laptop/tablet ili mobitel s internetskom vezom

Dodatna oprema (nije nužno): bučice teške 1-3 kg, mala guma, mini lopta, štap i stolica.

Postavke: Nakon uključivanja u Zoom meeting, kliknite na tri točkice (...) u kućici voditeljice, zatim kliknite "pin video" i automatski će voditeljica biti na "full screen-u". Bilo bi najbolje kad bi se postavili tako da Vas voditeljica vidi u cjelini. Laptop je idealan jer je slika stabilnija i ekran je veći.

Trening: Uključite se 5 minuta prije početka treninga. Na početku, provjerit ćemo internetsku vezu i Vaše raspoloženje i stanje toga dana. Trening će biti miks vizualnih demonstracija i verbalnih uputa/korekcija kroz 45 minuta. Svaki trening je prilagođen Vašim potrebama.

guidelines.

What you need: A mat, a quiet room without interruptions (if possible), laptop/table/phone with internet connection.

Additional equipment (not necessary): dumbbells (or something approximately 1-3 kg heavy), a mini band, a stick, a chair and a mini ball.

Settings: After joining a Zoom meeting, click on the three dots (...) on the instructor's square, then click „pin video“. It's best if I can see you and you can see me in full view. A laptop is better than a mobile phone as the images are stable and the screen is larger.

The session: Join the Zoom meeting online 5-minutes before your session is due to begin. At the start, we will make sure our connection is good. I'll check in with you on your body and mood. The session will be a mix of visual demonstrations and verbal cues/corrections during the 45-minutes. The session will be tailored to you and your goals.