



the BEHAN PROTOCOL
FOR BETTER BACK AND SPINE HEALTH

- GETTING STARTED -



1

What you'll need.....

- a mat (preferably a yoga mat)
- water
- a towel or 2 (bigger than a hand towel)
- a zoom account
- a laptop or portable device



2

Setting up at home....

Tips for setting up a perfect space.

Find a space free from distractions.

Make sure there is a flat surface for balance.

If you're lucky enough to have an outdoor area, practice there. It's always nice to be around nature.

Choose a space where there is enough room to feel relaxed and focused.

If not, make your space calm and relaxing with indoor plants or essential oils.

Gather all your Pilates props and keep them in one area.



3

Computer set up....



**TRY TO HAVE YOUR
COMPUTER OFF TO
YOUR SIDE SO YOU
CAN BE SEEN FROM
HEAD TO TOE ON
YOUR MAT
(DO NOT PUT THE
SCREEN AT YOUR
FEET)**

**TRY NOT TO SET UP
WITH A WINDOW
BEHIND YOU**

**TRY TO BE
SOMEWHERE WITH
ENOUGH LIGHT TO BE
SEEN**

4

Setting Up Zoom....

YOU WILL HAVE AN EASIER TIME
ACCESSING OUR ONLINE CLASSES
WITH A ZOOM ACCOUNT. SIGNING UP IS
FREE AND MAKES CONNECTING FAST
AND SIMPLE.

SIGN UP HERE.....

<https://zoom.us>



- ZOOM CHECKLIST -

If you're experiencing problems during a class, use this checklist to troubleshoot. If issues persist, please send us an email at THEBEHANPROTOCOL@GMAIL.COM and we'll do our best to assist you!

ISSUE: You can't hear other participants

- Go to your Audio Settings in the bottom left of your screen
 - Ensure that the correct speaker is selected
- Confirm that your speaker volume is high enough for you to hear.
Issue: Other Participants can't hear you
- Make sure your microphone is not muted (icon in bottom center of screen)
 - Go to your Audio Settings in the bottom left of your screen
 - Confirm the correct input method/microphone is selected
- Confirm that your microphone audio is high enough volume for others to hear you.

ISSUE: I'm getting a message saying another meeting is in progress/the meeting hasn't started yet! What do I do?

- If it's within the first five minutes of the class start time, remain calm; we aim to have classes started and ready to go on time, but tech issues can present barriers to doing so.
- If it's been 5 minutes since the start of class, call us at 416) 219-6649 to let us know of the issues you are having.

Other Questions/Things to Consider:

- Are you the only one experiencing the problem? If so, the issue is likely on your end. Make sure to check your Internet connection and download speed
 - Double-check any connections: (ie. speaker/microphone plugged in)
- When all else fails try turning your devices off, keep off for 60 seconds, and then turn back on. This is called power-cycling and really works!

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Outlook...

YOU ARE STARTING SOMETHING NEW TODAY AND EMBARKING ON A BRAVE AND EXCITING JOURNEY.....WELL DONE!

BE KIND AND GENTLE WITH YOURSELF BOTH EMOTIONALLY AND PHYSICALLY.

REALIZE THAT YOU MAY FEEL OUT OF YOUR ELEMENT AS YOU FACE NEW PHYSICAL AND MENTAL CHALLENGES . DO NOT EXPECT TO BE PERFECT THE FIRST DAY AND REMEMBER YOU ARE HERE TO LEARN, GROW AND EXPERIENCE.



OFTEN IN THE BEGINNING, PILATES YOGA AND OTHER PHYSICAL PURSUITS CREATE A SHIFT OR RELEASE IN US EMOTIONALLY SO BE PREPARED FOR WHATEVER THIS NEW MOVEMENT MAY BRING UP FOR YOU

Let's begin....