

Zoom Prep Rituals

**My eight steps to ground my energy
before I teach yoga online.**

1. Move to Release

- Dancing is my favorite way to release tension and shake off pre-class nervousness. I put on a song and move however feels right—swaying, stretching, or even twirling— the wilder the better. This invites energy and ease into my body.

2. Hit Repeat

- I pick one uplifting song and listen to it on repeat as I get ready. Whether dancing or listening, the steady rhythm raises my energy and focus.

3. Wear My Uniform

- I have a specific “uniform” for Zoom sessions—comfortable yet polished. Knowing exactly what I’m wearing means I make no decisions in the hour before class starts. Very nice.
- I’m currently wearing these [Lululemon Align Full Length Yoga Pants](#) and a white linen shirt from Zara.

4. Keep My Beauty Routine Simple

- I rely on a quick, go-to hairstyle that’s almost automatic. With no need to think or fuss, I feel more centered and calm as I prepare. Same goes for makeup.
- I highly recommend this [Dyson hairdryer](#) which I’ve used happily for years.

5. Lighting and Tech Ready

- I keep my lighting and tech ready to go, so I can simply switch on and start. This routine reduces stress and helps me step in smoothly.
- I use a [ring light](#) and [Apple AirPods](#).

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6. Create a 20–30 Minute Buffer

- I arrive in my studio at least 20 minutes early. Alone, I use this time to review my outline and settle in. If I'm co-teaching, we'll go over key points and the structure of the session.

7. Final Link Check (5 Minutes Before)

- Five minutes before, I check my inbox for any last-minute messages about the Zoom link. And I leave my email open for the first 10 minutes to catch notifications from students, then close it to stay focused.

8. Light a Candle and Palo Santo Incense

- Finally, I light a candle and palo santo incense. The scent (that I use during my home practice) anchors me, bringing me into the state of yoga I aim to share.
- Here's [what I burn](#) in my studio.

Hope to see you on Zoom sometime soon. You can find all of our classes at www.lasater.yoga

Namaste,
Lizzie

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