

Online *TRE*TM Session

HOW TO POSITION YOUR BODY & ELECTRONIC DEVICE

1. Laptop



Place your **laptop 1 -2 meters away** from your mat, on a raised surface **+/-65cm** from the ground. Position your mat in the corner of a room so that, the different angles allow for more or less of your body to be seen

NB. Your entire body and face must be visible on screen. Make sure you can see your TRETM Provider

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2. Using a mobile phone or iPad



Place your mobile or iPad about 1 metre from your mat, standing upright inside or leaning against a container on the floor. Position the device so the camera lens is at the top (either centred or in a corner), and double-check that everything is set up correctly before you begin.

Your entire body and face must be visible on screen — and make sure you can clearly see your TRETM Provider.

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PREPARATION

Take Note

- Find a quiet place, where you can have your session undisturbed.
- Leave enough space around your mat for your warm up exercises.
- It is important, as much as possible, to have adequate internet connectivity.
- Arrange before the session that if the internet connection fails there is another source of communication available – like Phone, WhatsApp or FaceTime.
- It may be useful to have a support person in your home whom you trust and feel comfortable with in case support is needed during or after the session.

Check list:

- A mat or towel to tremor on
- A blanket in case you start to feel cold
- A glass of water for thirst
- A pillow if your neck is strained whilst lying on your back

What to wear:

- Lighter colours, it's difficult to see you in black clothing

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