

MAKING A VIDEO - TIPS & TRICKS

CAMERA

1. If you own a DSLR (Canon, Nikon, Sony etc.) it would offer the best quality
2. A smartphone is a good option for those who do not own a camera
3. A third option would be to use the webcam on your computer

SETTING UP THE CAMERA

1. If you are using a smartphone you must make sure you have a friend available to hold the camera while you speak or perform an asana. Please do not use the 'selfie mode'
2. If you own a DSLR or any other type of camera, I would still recommend having a friend hold the camera. But if no one is available, you might:
 - a. Use a tripod or
 - b. Place the camera on a stack of large hard bound books atop a table and make sure you have placed it such that you will be properly in the frame (you can make sure by pressing record, then sitting in frame for a few seconds and going back to the camera to check).
3. If using a Web Cam, please make sure the laptop is set on a table and you are sitting on a chair in front of it.

FRAMING

1. Please make sure you are sitting in the centre of the frame and looking directly at the camera when speaking.
2. If you are performing an asana, please make sure you are a sufficient distance away from the camera, so that we would see your entire body position and movement.
3. Please refrain from performing any asana that would be difficult to capture within the frame of the camera.

LIGHTING

1. The room within which you film must be well lit, preferably through internal lighting rather than sunlight through windows.
2. Please make sure you face and eyes in particular can be seen clearly on camera.
3. You may place a lamp nearby at face height to one side of the camera so that it lights up your face.
4. Alternatively if you have a light overhead, make sure you do not seat yourself directly under it. Seat yourself so that the light fall in front of you.

AUDIO

1. Please choose a location with a quiet environment.
2. Avoid balconies or patios
3. If your neighbourhood is noisy during the day, then film during the nighttime.
4. Do a test recording to make sure you are heard clearly on camera. If the sound is low, then either sit closer to the camera or speak up.