



Masich
internalArts

Electronic Private Lessons

ELECTRONIC STRATEGIES

1. BOOK EARLY

Much of our schedule is booked up a year or more in advance. Let's block in dates as early as possible. Begin by contacting us at: masich.internal.arts@gmail.com

2. SHORT SUBMISSIONS

Make shorter submissions and receive concise, quick feedback you can integrate into your practice before booking another Electronic Private Lesson.

3. VID SUBMISSION—THEN CHAT

Consider using the 'Video Chat Format' to consolidate what you have learned *after* a few 'Video Submission Format' sessions.

4. DROPBOX AND WeTRANSFER

These are free online services that let you upload your photos, docs, and videos to an online folder that you can share with us—2GB free! Upload your file to your DropBox account, then 'share' it with us at: masich.internal.arts@gmail.com

5. PREPARE A PRIVATE LESSON

Pre-schedule a live one-to-one private lesson for when Sam and Yanira are in your region. Book Electronic Lessons to prepare.

Electronic Private Lessons

With so many ways to communicate and send information, there is no reason to let physical location be a barrier to learning. Sam and Yanira offer 'electronic private lessons.' There are two possibilities—*Video Submission* or *Video Chat*.

1. Video Submission Lessons

You can submit videos of your practice via WeTransfer or DropBox. The response may come in the form of a written reply, an audio or video reply, or a combination of these.

Making a Video Submission

There are two video-submission formats: 'General Feedback' and 'Specific Questions.'

Which submission format you choose determines how you should submit your video, the kind of response you'll receive, and the way you will be charged for your lesson. Once funds have been received we will begin the process of reviewing and responding. Depending on our schedule, the response can take a between a few days and a couple weeks.

General Feedback Format

You send video of material that you'd like general feedback on. We will review it and determine a lesson price that you approve. In the General Feedback format, we look at the material and give whatever suggestions we think would be most helpful to you.

The fee for a general feedback private lesson is €10 (\$15) per minute of 'active video.' (Active video is the portion of the submission that shows movement)

Specific Questions Format

You send a video with specific questions on particular topics. These can be about how you are doing a movement, how to apply a *taiji* principle, or what direction your training should take according to where you are in the Curriculum Checklist. You (and your practice partner) can ask for feedback on specific movements and Sam and Yanira will respond with on-camera corrections. Submit your questions and we will calculate the charge on a per question basis. The fee for a Specific Questions lesson is €15 (\$20) per question.

2. Video Chat Lessons

At an agreed upon time, we connect and have an online lesson by Video Chat. Smart phones and computer cameras allow realtime communication through a variety of video chat services. We prefer to use Skype or FaceTime.

Lesson rates are the same per hour as for a regular in-person private lessons (Sam €125, Yanira €75).

Keep in mind that you can submit just one or two minutes of video, work on that lesson for a month, and come back later for your next Electronic Private Lesson.

