



TIPS FOR SUBMITTING A SUCCESSFUL VIDEO

1. Use the [DropBox](#) file request that was sent to you when you first signed up to be a licensee. If you need it sent to you again, ask [the Licensee Director](#).
2. Be sure your video is approximately 30 minutes in length. Anything under 27 minutes or over 33 minutes will need to be resubmitted with the correct length.
3. Please, NO KIDS in your video. We need to be sure we can hear you teach the KAY Way without any distractions or the need to manage any children for your video.
4. [USE THE OUTLINE!](#)
 - a. **No Sergeant Salutations Song** – Please PERFORM the Call/Response Style ONLY
 - b. **No Crazy Monkey Song** – use the mediation discussion of Crazy Monkey ONLY
 - c. KNOW YOUR BLISS – From your seat to your feet (4-8 poses)
 - i. 1-2 poses seated
 - ii. 1-2 poses hands/knees
 - iii. 1-2 poses hands/feet
 - iv. 1-2 poses standing
 - d. For your game, don't use a song (ie, Toe-Ga). Play a game, THEN play a song.
 - e. **No Journey to Secret Garden Song** – use the script for Secret Garden
 - f. Explain Pranayama and what the benefits are
 - g. Keep your wrists on your knees for PBWM

If you stick to the outline, you will learn to teach The KAY Way and be an awesome Kidding Around Yoga Licensee when you TYTO!!