

00:18 to: @Wardmans (The Netherlands)  
yes

00:19 to: MartinOD  
yes

00:22 to: Julie C - Ireland  
(y)

00:22 to: Naomi UK  
yes

00:24 to: Maja  
yes

00:26 to: Lauren Harris  
yes

00:28 to: Khiem Tran USA 1  
yes

00:33 to: Susan Burwash  
hi Jenni

00:43 to: Susan Burwash  
static now

00:49 to: Susan Burwash  
ok now

00:50 to: Anita Hamilton  
yes

00:51 to: Bill Wong @BillWongOT  
yes

00:55 to: MartinOD  
intermittent static

00:57 to: Anita Hamilton  
the sound gets loud sometimes

01:00 to: Susan Burwash  
hi Andreea

01:24 to: Brock Cook  
YAY! I MADE IT!

01:34 to: Bill Wong @BillWongOT

great job brock!

01:36 to: *@Wardmans (The Netherlands)*  
hooray for Brock

01:37 to: *Susan Burwash*  
way to go Brock!!

01:42 to: *Susan Burwash*  
Way to go Anita!

01:43 to: *Andrea (Scotland)*  
Hi, hoping my signal will hold out..

01:49 to: *Julie C - Ireland*  
Go Brock (\*)

01:53 to: *kirstyes (UK)*  
Not until the end of the session ;o)

01:54 to: *Susan Burwash*  
Way to go Uni of the Sunshine Coast

01:55 to: *Anita Hamilton*  
Brock and Helen

01:59 to: *Susan Burwash*  
Bravo Helen

02:00 to: *@Wardmans (The Netherlands)*  
good luck Andrea!

02:04 to: *Julie C - Ireland*  
Go Helen (\*)

02:06 to: *Susan Burwash*  
Hi Samantha

02:44 to: *kirstyes (UK)*  
The arc

02:45 to: *Brock Cook*  
Yes Anita?

02:53 to: *@Wardmans (The Netherlands)*  
yes

02:55 to: *Bill Wong @BillWongOT*  
yes

02:55 to: *kirstyes (UK)*  
yes

02:55 to: *Khiem Tran USA 1*  
yes

02:57 to: *Dominique Carcone*  
yes

02:57 to: *Adam D.*  
yes

02:57 to: *Julie C - Ireland*  
yes

02:58 to: *petraschwab*  
yes

03:00 to: *Brock Cook*  
oh we're the Team24OT lol

03:00 to: *www.otstudent.info (UK)*  
hi

03:01 to: *Lauren Harris*  
yes

03:01 to: *Naomi UK*  
No

03:02 to: *Jenni, Scotland*  
yes

03:06 to: *Samantha and Emely, USA*  
yes

03:07 to: *Brock Cook*  
sorry little slow right now hahaha

03:11 to: *Simon*  
no it sounds very distorted

03:35 to: *Andrea (Scotland)*  
yes

03:38 to: *MartinOD*  
yes

03:39 to: *Jenni, Scotland*  
yes

03:40 to: *Simon*  
yes

04:08 to: *kirstyes (UK)*  
:)

04:14 to: *Naomi UK*  
:)

04:14 to: *MartinOD*  
(6)

04:15 to: *Lauren Harris*  
:)

04:19 to: *Bill Wong @BillWongOT*  
yes

04:19 to: *MartinOD*  
yay

04:21 to: *Naomi UK*  
yes

04:21 to: *Gillian Crossley UK*  
yes!!!

04:22 to: *Susan Burwash*  
yes

04:22 to: *Paula C USA*  
yes

04:23 to: *Anita Hamilton*  
yippee

04:23 to: *Adam D.*  
yes

04:24 to: *Dominique Carcone*  
yes

04:25 to: *kirstyes (UK)*  
Yes

04:25 to: *Simon*

yes

04:27 to: *Anna Milser (Manchester UK)*

yes

04:27 to: *Lauren Harris*

yes

04:28 to: *Maja*

yes

04:30 to: *Rachel S*

yes

05:04 to: *Andrea (Scotland)*

:)

05:20 to: *kirstyes (UK)*

yes

05:22 to: *Maja*

yes

05:22 to: *Anita Hamilton*

yes

05:22 to: *MartinOD*

yup

05:22 to: *Gillian Crossley UK*

yes

05:23 to: *Bill Wong @BillWongOT*

yes

05:23 to: *Jenni, Scotland*

yes

05:24 to: *Paula C USA*

yes

05:25 to: *Rachel S*

yes!

05:25 to: *Andrea (Scotland)*

yes

05:39 to: *www.otstudent.info (UK)*

I cant hear what the question is lol

05:55 to: *Naomi UK*  
static

05:58 to: *Khiem Tran USA 1*  
yes

06:00 to: *Adam D.*  
yes

06:00 to: *Bill Wong @BillWongOT*  
yes

06:01 to: *Susan Burwash*  
welcome xiomara

06:03 to: *Gillian Crossley UK*  
yes

06:03 to: *MartinOD*  
the sound is terrible

06:12 to: *Simon*  
the sound is terrible

06:20 to: *Ritchard Ledgerd*  
Yes, doing OK, turn speakers down maybe?

06:28 to: *Andrea (Scotland)*  
I've slides but, just happy to still be here!

06:32 to: *Andrea (Scotland)*  
no slides

06:41 to: *Susan Burwash*  
hi debra

06:52 to: *Karen Jacobs*  
Do you see slides?

06:55 to: *www.otstudent.info (UK)*  
oh is it Cristie speaking now? I can hear even worse than before!

06:55 to: *Ritchard Ledgerd*  
Slow down a little.

06:57 to: *Bill Wong @BillWongOT*  
and the sound is not great

06:57 to: *Anita Hamilton*  
slow down please

06:59 to: *Julie C - Ireland*  
The sound is really bad

06:59 to: *Ritchard Ledgerd*  
Yes, see slides

07:02 to: *maureen.moore1*  
oops bad sound

07:02 to: *Jenni, Scotland*  
i can't hear

07:05 to: *MartinOD*  
i cant hear you :-(

07:07 to: *@Wardmans (The Netherlands)*  
no sound

07:11 to: *petraschwab*  
no sound

07:11 to: *Karen Jacobs*  
It should say case study

07:15 to: *Anna Milser (Manchester UK)*  
i cant hear anything :(

07:16 to: *Simon*  
i can't hear anything it keeps cutting out

07:20 to: *@Wardmans (The Netherlands)*  
case study is showing!

07:23 to: *www.otstudent.info (UK)*  
oh dear

07:24 to: *@Wardmans (The Netherlands)*  
sound is crackling

07:26 to: *Anita Hamilton*  
Slow down while you speak please

07:30 to: *kirstyes (UK)*  
Cristie are you able to slow down a little please

07:36 to: *Ritchard Ledgerd*

Cristie, turn speakers down - might help.

07:47 to: *Susan Burwash*  
hi cat

07:51 to: *kirstyes (UK)*  
That's better - thanks

08:00 to: *Bill Wong @BillWongOT*  
little better... but still off and on

08:07 to: *Simon*  
i can't hear anything at all now

08:08 to: *Cat Farmer (Geelong Australia)*  
Hey :)

08:11 to: *Julie C - Ireland*  
:'(

08:14 to: *Karen Jacobs*  
Can you hear better? Do you see a photo of cristie and yoga>

08:14 to: *Jenni, Scotland*  
terrible sound!

08:14 to: *MartinOD*  
no sound here lol aww

08:18 to: *Esra OT - Jerusalem -*  
voice is soooo cracky

08:18 to: *maureen.moore1*  
:(

08:21 to: *Naomi UK*  
:(

08:27 to: *Simon*  
:(

08:28 to: *Julie C - Ireland*  
sound is so bad

08:52 to: *Helena Culshaw*  
sound too indistinct to decipher :(

08:56 to: *Simon*  
i can't hear you... :(



09:04 to: *Bill Wong @BillWongOT*  
can't hear well

09:07 to: *www.otstudent.info (UK)*  
I feel bad for you Cristie, but you are keeping going despite these comments...

09:13 to: *Karen Jacobs*  
we are doing our best with sound

09:26 to: *Maja*  
I hear only cracking :(

09:44 to: *Karen Jacobs*  
Can you hear anything?

09:48 to: *Simon*  
no

09:49 to: *Bill Wong @BillWongOT*  
off and on

09:49 to: *Jitender, Canada*  
no karen

09:50 to: *Jenni, Scotland*  
no

09:50 to: *Ritchard Ledgerd*  
Not properly

09:51 to: *Bill Wong @BillWongOT*  
not really

09:52 to: *@Wardmans (The Netherlands)*  
i'm afraid i missed everything! i find it real hard to understand

09:54 to: *Esra OT - Jerusalem -*  
not good

09:57 to: *www.otstudent.info (UK)*  
Is this what its like to be stone deaf?

10:00 to: *maureen.moore1*  
no sorry

10:06 to: *Ritchard Ledgerd*  
no

10:08 to: *MartinOD*  
not really

10:09 to: *Adam D.*  
no

10:11 to: *Simon*  
i can't hear anything

10:12 to: *Rachel S*  
barely.

10:12 to: *MartinOD*  
its very muffled

10:12 to: *Bill Wong @BillWongOT*  
not really

10:13 to: *kirstyes (UK)*  
I can hear you slightly clearer

10:13 to: *Maja*  
not really

10:14 to: *www.otstudent.info (UK)*  
i heard the word "anything"

10:14 to: *Adam D.*  
Are you guys sharing the same mic?

10:15 to: *Anna Milser (Manchester UK)*  
not much very crackly

10:19 to: *Anita Hamilton*  
It's toooo fast

10:20 to: *Ritchard Ledgerd*  
cant really hear you Karen

10:20 to: *Paula C USA*  
can hear you, Karen, but not Cristie

10:21 to: *@Wardmans (The Netherlands)*  
a lot of crackling and weird noises

10:24 to: *Anita Hamilton*  
then crackly

10:35 to: *Susan Burwash*

yes

10:36 to: *kirstyes (UK)*  
ish

10:36 to: *MartinOD*  
very slightly

10:37 to: *Bill Wong @BillWongOT*  
yes

10:38 to: *Paula C USA*  
better

10:38 to: *Ritchard Ledgerd*  
slightly

10:40 to: *Simon*  
no it sounds weird

10:41 to: *Anna Milser (Manchester UK)*  
a bit

10:49 to: *Simon*  
yes

10:49 to: *www.otstudent.info (UK)*  
that is slightly better

10:50 to: *Jenni, Scotland*  
slightly

10:50 to: *Ritchard Ledgerd*  
slower - muffled

10:50 to: *MartinOD*  
sounds a bit weird

10:52 to: *Susan Burwash*  
better

10:52 to: *maureen.moore1*  
a bit better

10:53 to: *Anita Hamilton*  
it's distorted

10:54 to: *Dominique Carcone*  
better

10:57 to: *Lauren Harris*  
better now

10:59 to: *Esra OT - Jerusalem -*  
no

10:59 to: *Lauren Harris*  
yes

11:00 to: *Bill Wong @BillWongOT*  
yes

11:00 to: *Anna Milser (Manchester UK)*  
better

11:00 to: *Jenni, Scotland*  
yes

11:01 to: *Ritchard Ledgerd*  
much better

11:01 to: *MartinOD*  
your clear now

11:02 to: *Julie C - Ireland*  
thats better

11:03 to: *Simon*  
i can hear now

11:04 to: *Rachel S*  
yes, better

11:04 to: *Naomi UK*  
better

11:05 to: *Anita Hamilton*  
please ask cristie to speak much much slower

11:05 to: *Maja*  
better

11:05 to: *Susan Burwash*  
better

11:06 to: *Dominique Carcone*  
better

11:06 to: *Adam D.*  
trade places with Cristie if the same mic

11:11 to: *Lisa Wicks*  
can hear you better

11:14 to: *Paula C USA*  
hello Utica College students

11:14 to: *Ritchard Ledgerd*  
go Karen

11:14 to: *kirstyes (UK)*  
nothing for me now

11:20 to: *maureen.moore1*  
ok

11:22 to: *@Wardmans (The Netherlands)*  
thank you very much

11:27 to: *kirstyes (UK)*  
yes

11:30 to: *Simon*  
bad sound again

11:33 to: *Jenni, Scotland*  
nothing!

11:33 to: *Ritchard Ledgerd*  
nope - muffled

11:34 to: *Susan Burwash*  
somewhat better

11:42 to: *maureen.moore1*  
oh dear

11:47 to: *Bill Wong @BillWongOT*  
:(

11:48 to: *www.otstudent.info (UK)*  
I could hear Karen, not Cristie... oh well

11:50 to: *Susan Burwash*  
ok

12:01 to: *Maja*

nothing again

12:05 to: *Julie C - Ireland*

:(

12:06 to: *Esra OT - Jerusalem -*

no

12:06 to: *Jenni, Scotland*

it's gone

12:08 to: *Esra OT - Jerusalem -*

:((

12:09 to: *Simon*

no sound

12:10 to: *MartinOD*

:-) bless

12:13 to: *@Wardmans (The Netherlands)*

static noise again

12:14 to: *Esra OT - Jerusalem -*

:S

12:16 to: *Ritchard Ledgerd*

no sound.

12:18 to: *Anna Milser (Manchester UK)*

cant hear again :(

12:22 to: *maureen.moore1*

:(

12:23 to: *www.otstudent.info (UK)*

I blame hurricane Sandy

12:26 to: *Susan Burwash*

static again

12:28 to: *Lisa Wicks*

cannot hear you

12:30 to: *Ritchard Ledgerd*

speak slowly perhaps

12:30 to: *Bill Wong @BillWongOT*

nothing

12:31 to: *Samantha and Emely, USA*  
static noise

12:32 to: *Jitender, Canada*  
Sandy

12:35 to: *Lisa Wicks*  
yes

12:35 to: *Esra OT - Jerusalem -*  
aha

12:35 to: *Bill Wong @BillWongOT*  
yes

12:35 to: *Anita Hamilton*  
yes

12:35 to: *Susan Burwash*  
yes

12:35 to: *Ritchard Ledgerd*  
yes

12:35 to: *Simon*  
yes

12:36 to: *Jitender, Canada*  
yes

12:36 to: *MartinOD*  
yes

12:36 to: *Marie*  
yes

12:37 to: *Samantha and Emely, USA*  
yes

12:37 to: *maureen.moore1*  
yes

12:37 to: *Paula C USA*  
yes

12:37 to: *Maja*  
yes

12:37 to: *Anna Milser (Manchester UK)*  
yes

12:38 to: *Naomi UK*  
much better

12:47 to: *Ritchard Ledgerd*  
ha ha

12:52 to: *MartinOD*  
thanks

12:54 to: *Anita Hamilton*  
:0

12:56 to: *Anita Hamilton*  
:)

12:56 to: *Esra OT - Jerusalem -*  
ok

12:57 to: *Naomi UK*  
ok

13:00 to: *@Wardmans (The Netherlands)*  
please do! i have the time!

13:01 to: *maureen.moore1*  
ok

13:05 to: *Susan Burwash*  
we'll talk amongst ourselves

13:06 to: *Anita Hamilton*  
5 mins?

13:06 to: *kirstyes (UK)*  
thank you

13:13 to: *Anita Hamilton*  
cup of tea?

13:15 to: *Susan Burwash*  
So what have you learned in last 24 hours

13:22 to: *@Wardmans (The Netherlands)*  
soooooo much

13:33 to: *Susan Burwash*



what will you take back to school/work?

13:33 to: *Brock Cook*

is anyone else tired :-/

13:39 to: *Esra OT - Jerusalem -*

meeeeeeeeee

13:42 to: *kirstyes (UK)*

Lots about balance and hopefully a few strategies to implement around that

13:42 to: *Helen OTUK*

i little

13:43 to: *kirstyes (UK)*

Yes

13:43 to: *Jenni, Scotland*

yes!

13:44 to: *Naomi UK*

yes

13:44 to: *Susan Burwash*

better

13:44 to: *Helen OTUK*

lol

13:44 to: *Samantha and Emely, USA*

yes

13:45 to: *Ritchard Ledgerd*

Much better

13:45 to: *Anna Milser (Manchester UK)*

yes

13:46 to: *Samantha and Emely, USA*

perfect

13:47 to: *@Wardmans (The Netherlands)*

super!

13:47 to: *Dominique Carcone*

yes

13:48 to: *Jenni, Scotland*

perfect

13:49 to: *Paula C USA*  
good

13:49 to: *Helena Culshaw*  
fine

13:49 to: *maureen.moore1*  
yes...no

13:49 to: *Naomi UK*  
perfect

13:51 to: *Bill Wong @BillWongOT*  
good

13:51 to: *Chris Yanish*  
awesome

13:51 to: *Ritchard Ledgerd*  
perfect

13:52 to: *Maja*  
yes

13:52 to: *Julie C - Ireland*  
yay

13:53 to: *Rachel S*  
great!

13:53 to: *Brock Cook*  
ppl can adjust their own volume

13:54 to: *maureen.moore1*  
perfect

13:54 to: *Lauren Harris*  
much better

13:55 to: *Khiem Tran USA 1*  
yes

13:56 to: *Esra OT - Jerusalem -*  
its 1.11 am

13:58 to: *MartinOD*  
pleeeeeease work

13:59 to: *Esra OT - Jerusalem -*  
ok

14:00 to: *kirstyes (UK)*  
Yes

14:00 to: *Adam D.*  
perfect

14:01 to: *Helen OTUK*  
yes

14:01 to: *MartinOD*  
yayyyy

14:01 to: *www.otstudent.info (UK)*  
wow

14:01 to: *Bill Wong @BillWongOT*  
now much better

14:01 to: *Esra OT - Jerusalem -*  
yes

14:01 to: *Simon*  
yes

14:01 to: *Lauren Harris*  
yes!

14:01 to: *Brock Cook*  
much better :)

14:01 to: *Marie*  
yes!!

14:02 to: *Khiem Tran USA 1*  
yes

14:02 to: *Jenni, Scotland*  
yes

14:02 to: *@Wardmans (The Netherlands)*  
hooray cristy!

14:02 to: *Chris Yanish*  
yessssssss

14:02 to: *Julie C - Ireland*

perfect

14:03 to: *Susan Burwash*  
wya better!!!!

14:03 to: *Anna Milser (Manchester UK)*  
yes

14:03 to: *Rachel S*  
yay!!! yesss

14:03 to: *Samantha and Emely, USA*  
YES!!!!

14:03 to: *Helena Culshaw*  
wow yes

14:03 to: *Maja*  
yes, great

14:03 to: *Paula C USA*  
yes!

14:04 to: *Ritchard Ledgerd*  
yes!!

14:05 to: *kirstyes (UK)*  
Lovely

14:05 to: *maureen.moore1*  
:)

14:06 to: *Dominique Carcone*  
perfeect

14:07 to: *@Wardmans (The Netherlands)*  
hooray

14:08 to: *Naomi UK*  
:)

14:15 to: *Ritchard Ledgerd*  
speak slowly

14:24 to: *Karen Jacobs*  
Can you hear her OK?

14:26 to: *Ritchard Ledgerd*  
yes

14:30 to: @Wardmans (The Netherlands)  
yes

14:31 to: kirstyes (UK)  
yes thank you

14:32 to: Brock Cook  
yep

14:33 to: Esra OT - Jerusalem -  
aha

14:36 to: @Wardmans (The Netherlands)  
thanks so much

14:36 to: Simon  
yes

15:06 to: Karen Jacobs  
Great, I have 3 backup microphones so I am happy that this is working.

15:16 to: Esra OT - Jerusalem -  
:D

16:12 to: Karen Jacobs  
Are the slides changing? You should see a figure?

16:16 to: kirstyes (UK)  
yes

16:16 to: Adam D.  
yes

16:16 to: Helen OTUK  
yes

16:19 to: Simon  
yep

16:20 to: Lisa Wicks  
yes

16:24 to: @Wardmans (The Netherlands)  
the boat! i

16:27 to: Karen Jacobs  
Great. Much better experience now?

16:29 to: *Susan Burwash*  
yes

16:30 to: *www.otstudent.info (UK)*  
ok so i'm interested in the use of Yoga in OT - especially more overtly religious  
Yoga?

16:36 to: *Naomi UK*  
yes

16:49 to: *Karen Jacobs*  
We aim to please.

16:54 to: *Anita Hamilton*  
yes <3

16:55 to: *Susan Burwash*  
hi emily

17:03 to: *kirstyes (UK)*  
(y)

17:20 to: *Helen OTUK*  
(y)

18:05 to: *Susan Burwash*  
Hi Lara

18:22 to: *Adam D.*  
Hey Lara

18:23 to: *kirstyes (UK)*  
Yes I can see that in writing

18:25 to: *Bill Wong @BillWongOT*  
much much better! You are doing a great job (much better than my first OT  
conference presentations).

19:01 to: *Lara Jones*  
Hey Adam! I was in the wrong place for a little while there.

19:03 to: *www.otstudent.info (UK)*  
I'm interested, in the NHS yoga has to be much more secular or even not called  
yoga but just 'gentle movement'?

19:37 to: *Karen Jacobs*  
Please wait for questions until Cristie has finished. Thanks.

19:46 to: *www.otstudent.info (UK)*

oh ok

20:20 to: *Anita Hamilton*

46 ppl here right now! That's great :)

20:48 to: *maureen.moore1*

:)

21:08 to: *Naomi UK*

(y)

21:42 to: *kirstyes (UK)*

lol

22:59 to: *Karen Jacobs*

Are the slides advancing?

23:02 to: *Adam D.*

yes

23:02 to: *Bill Wong @BillWongOT*

yes

23:03 to: *kirstyes (UK)*

yes

23:04 to: *www.otstudent.info (UK)*

yes

23:04 to: *@Wardmans (The Netherlands)*

ýs

23:20 to: *Karen Jacobs*

Thanks, just a little quality control.

23:31 to: *kirstyes (UK)*

we appreciate it

23:41 to: *Helen OTUK*

(Y)

23:46 to: *Esra OT - Jerusalem -*

(y)

24:01 to: *Anita Hamilton*

Yes she is a lovely speaker it would have been sad to finish without hearing her

24:25 to: *Susan Burwash*

not being perfect being present - lovely!

24:34 to: *Merrolee Penman*  
was there a problem??

24:51 to: *Karen Jacobs*  
Yes, this is true. I am so happy that everything is going well. We are being mindful.

25:02 to: *kirstyes (UK)*  
audio glitch Merrolee

25:07 to: *kirstyes (UK)*  
all good now though

25:21 to: *Esra OT - Jerusalem -*  
accept the moment to be what it is <3

25:37 to: *Esra OT - Jerusalem -*  
= Balance

25:46 to: *kirstyes (UK)*  
I like that - hold creative space for others

25:59 to: *Bill Wong @BillWongOT*  
second that Kirsty!

26:07 to: *Susan Burwash*  
3rd that

26:18 to: *Susan Burwash*  
hi robin

26:35 to: *www.otstudent.info (UK)*  
"in the mind of the beginner there are many possibilities, in the mind of the expert there are few" - Suzuki

26:44 to: *Debra and Nantzee, Melbourne AUS*  
what does EBP stand for?

26:52 to: *www.otstudent.info (UK)*  
no hablo espanyol

26:58 to: *Simon*  
no

27:00 to: *Lauren Harris*  
no

27:01 to: *Olivia O'Boyle*  
spanish!



- 27:02 to: *Jenni, Scotland*  
i'd prefer it not to be in spanish
- 27:02 to: *Bill Wong @BillWongOT*  
no
- 27:02 to: *Paula C USA*  
no
- 27:04 to: *Naomi UK*  
no
- 27:04 to: *MartinOD*  
no spanish
- 27:06 to: *Maja*  
no
- 27:08 to: *@Wardmans (The Netherlands)*  
lovely speaker but no spanish
- 27:08 to: *kirstyes (UK)*  
I did GSCE but wouldn't say I understand it
- 27:09 to: *Nicole V.*  
ambos! both :)
- 27:09 to: *Dominique Carcone*  
no thank you
- 27:13 to: *Rachel S*  
SI!! <3
- 27:13 to: *Emily Brown*  
no spanish
- 27:16 to: *Samantha and Emely, USA*  
Evidence based practice (EBP)
- 27:18 to: *Xiomara*  
si
- 27:20 to: *Nancy - Australia*  
no thanks
- 27:21 to: *Dominique Carcone*  
thank you

27:21 to: *Ritchard Ledger*  
but thank you for offering,

27:25 to: *Lauren Harris*  
thank you

27:26 to: *www.otstudent.info (UK)*  
but if even one is wanting spanish then maybe do it

27:31 to: *kirstyes (UK)*  
Happy if there are people that would want it though

27:32 to: *Nicole V.*  
sounds great

27:36 to: *@Wardmans (The Netherlands)*  
two people want spanish

28:29 to: *Andrea Powell*  
no

28:32 to: *www.otstudent.info (UK)*  
back one slide

28:37 to: *Esra OT - Jerusalem -*  
thank you dear :)

28:50 to: *Rachel S*  
:)

28:55 to: *Ritchard Ledger*  
perfect - just before bed time in the UK

29:06 to: *Naomi UK*  
:)

29:06 to: *www.otstudent.info (UK)*  
ok - is this a kripalu exercise rather than mindfulness?

29:10 to: *kirstyes (UK)*  
I hope I don't fall asleep

29:11 to: *Brock Cook*  
my bed :S

29:19 to: *Helen OTUK*  
lol

29:21 to: *@Wardmans (The Netherlands)*

any perfect position for this?

29:26 to: *Esra OT - Jerusalem -*  
hhh I am just about to

29:29 to: *@Wardmans (The Netherlands)*  
thank you

29:56 to: *Karen Jacobs*  
Please get into a comfortable position.

30:25 to: *Naomi UK*  
eyes closed?

30:32 to: *www.otstudent.info (UK)*  
mindfulness doesnt have to be comfortable

30:40 to: *Karen Jacobs*  
Open or closed eyes

31:22 to: *Karen Jacobs*  
everyone following?

31:34 to: *Rachel S*  
yes!

32:10 to: *Khiem Tran USA 1*  
yes

32:11 to: *Samantha and Emely, USA*  
yes!!

32:11 to: *maureen.moore1*  
yes

32:12 to: *Maja*  
yes

32:13 to: *Marie*  
yes

32:14 to: *Rachel S*  
Yes :)

32:15 to: *Bill Wong @BillWongOT*  
yes

32:16 to: *Chris Yanish*  
yes@!

34:10 to: *Rachel S*

Thank you.

34:12 to: *Esra OT - Jerusalem -*

thats amazing

34:14 to: *Jenni, Scotland*

thnk you

34:14 to: *Ritchard Ledgerd*

here here

34:14 to: *kirstyes (UK)*

I think that would be lovely but unfortunately I can't breathe through my left.

34:17 to: *@Wardmans (The Netherlands)*

you did awesome!

34:18 to: *Esra OT - Jerusalem -*

thank you

34:20 to: *kirstyes (UK)*

But that was great thanks

34:22 to: *Lauren Harris*

thank you!

34:23 to: *Paula C USA*

well done!

34:23 to: *Cat Farmer (Geelong Australia)*

Amazing!!

34:23 to: *MartinOD*

im so relaxed ow

34:25 to: *Bill Wong @BillWongOT*

amazing!

34:26 to: *Anita Hamilton*

Yes she is a wonderful teacher

34:26 to: *Xiomara*

gracias

34:32 to: *Samantha and Emely, USA*

excellent job christie!

34:35 to: *Naomi UK*

She did really well :)

34:40 to: *maureen.moore1*

good

34:41 to: *Debra and Nantzee, Melbourne AUS*

Thanks, well done Cristie!

34:42 to: *Esra OT - Jerusalem -*

your a treasur dear

34:42 to: *Emily Brown*

Thank you! This was a great presentation

34:53 to: *kirstyes (UK)*

How/why did you get into this?

34:55 to: *Anita Hamilton*

the breathing exercises were well timed to bring my stress levels down

35:06 to: *Ritchard Ledgerd*

Anita - :)

35:24 to: *www.otstudent.info (UK)*

Question: Do you think that the use of Yoga in healthcare has to be a secular form of Yoga rather than a more religious / spiritual form of Yoga?

35:32 to: *Esra OT - Jerusalem -*

could you relate this to treatment of add and adhd as u said previously?

35:54 to: *Samantha and Emely, USA*

My question is in order to facilitate mindfulness in an OT setting, does the OT need specific training in order to be able to apply it in their therapy session? (from Sam)

36:00 to: *Karen Jacobs*

Cristie will respond to this questions in just a moment

36:06 to: *Jenni, Scotland*

when on placement do you feel supported to bring yoga/mediation/mindfulness into your professional practice?

36:17 to: *Esra OT - Jerusalem -*

thank u

36:22 to: *kirstyes (UK)*

That sounds like a fab start

36:33 to: *Rachel S*

Sounds wonderful. I wish I could go!

36:43 to: *Anita Hamilton*

If I were to use yoga in lectures what exercises could I use with students in lecture theatres?

36:44 to: *Naomi UK*

Have you done mindfulness with children?

36:44 to: *www.otstudent.info (UK)*

Sam - you need a mindfulness practice and preferably experience being a participant but not specific qualifications in the UK

37:08 to: *Anita Hamilton*

Question from me: If I were to use yoga in lectures what exercises could I use with students in lecture theatres?

37:10 to: *Esra OT - Jerusalem -*

do u make videos about that and publish them?

37:33 to: *Naomi UK*

Thank you

37:49 to: *Dominique Carcone*

Does the more you practice these techniques increase the effect of them?

38:27 to: *Anita Hamilton*

thank you

38:49 to: *Lindsay USA*

How often do you recommend one does this each day to balance their body (mentally, emotionally, etc)?

39:11 to: *Samantha and Emely, USA*

What attracted you to kirapula yoga in comparison to others that are available (such as bikram) and what is the evidence supporting kirapula yoga in OT practice in comparison to these other types of y

39:11 to: *Samantha and Emely, USA*

oga? (from Emely)

39:42 to: *Dominique Carcone*

thank you!

39:48 to: *Nicole V.*

Anita- as a student in lectures where stretches/breaks are welcomed, I've witnessed the difference in students' energy levels and many students comment on being able to sustain focus even in a long cl

39:48 to: *Nicole V.*  
 ass.

40:13 to: *Susan Burwash*  
 there's a philosophy prof I know who does metta meditation once/week at beginning of class. Loving kindness at a university seems very important to me

40:15 to: *Anita Hamilton*  
 thanks Nicole

40:48 to: *Bill Wong @BillWongOT*  
 got to go guys... lovely in having fun with you OT folks... have to prepare for my class tonight. Awesome job OT4OT team!

40:58 to: *Helen OTUK*  
 bye Bill

41:06 to: *Susan Burwash*  
 thanks Bill

41:10 to: *@Wardmans (The Netherlands)*  
 Goodbye Bill!

41:10 to: *Anita Hamilton*  
 bye Bill

41:40 to: *kirstyes (UK)*  
 night Bill

42:03 to: *Khiem Tran USA 1*  
 question: how do i introduce yoga to someone who never try yoga

42:20 to: *Merrolee Penman*  
 in our classes we always have a 10 min break every 50 mins..

42:22 to: *www.otstudent.info (UK)*  
 I feel like asking why it was necessary to make this talk about a specific 'brand' of yoga, as opposed to yoga and mindfulness in general. I understand it is because of Cristie's experience but still.

42:22 to: *www.otstudent.info (UK)*  
 ..

42:22 to: *Samantha and Emely, USA*  
 In order to facilitate mindfulness in an OT setting, do you know if an OT needs specific training in order to be able to apply it in their therapy sessions?

42:34 to: *Brock Cook*  
 Stretch every Pomodoro ;)

42:54 to: *kirstyes (UK)*

:o) - and from one of the other sessions have a worry pomodoro

43:50 to: *Andrea Powell*

bye bill

44:09 to: *www.otstudent.info (UK)*

i do

44:13 to: *www.otstudent.info (UK)*

/did

44:18 to: *www.otstudent.info (UK)*

Tommy

44:21 to: *MartinOD*

im interested in using yoga and mindfulness

44:28 to: *www.otstudent.info (UK)*

MBCT for depression

44:34 to: *kirstyes (UK)*

It was a hot topic at COT conference this year though

44:36 to: *www.otstudent.info (UK)*

8 week groups in MH

44:46 to: *Debra and Nantzee, Melbourne AUS*

Goodbye and thanks!

44:46 to: *www.otstudent.info (UK)*

yes

44:49 to: *www.otstudent.info (UK)*

Wales

45:00 to: *Jenni, Scotland*

i would like to do it more, i manage to bring it into my prctice every now and again

45:05 to: *Lindsay USA*

How often do you recommend one does this each day to balance their body (mentally, emotionally, etc)?

45:23 to: *Esra OT - Jerusalem -*

relating yoga to add and adhd

45:24 to: *Esra OT - Jerusalem -*

?



45:59 to: *Lindsay USA*

Thank you so much!

46:35 to: *Samantha and Emely, USA*

Thank you!

46:53 to: *Esra OT - Jerusalem -*

yes please :)

47:01 to: *www.otstudent.info (UK)*

I'm interested to hear from Cristie about her knowledge of Yoga and Epilepsy - I have worked with some Neuropsychiatrists who actually recommend people with Epilepsy do not do Yoga as it can trigger s

47:01 to: *www.otstudent.info (UK)*

eizures?

47:21 to: *Merrolee Penman*

Hi Matthew.. great to see you here for the ending..

47:25 to: *Lauren Harris*

thank you! this was so interesting!

47:26 to: *kirstyes (UK)*

Evening Matthew - happy to see you here for the final moments

47:32 to: *Khiem Tran USA 1*

How do i introduce yoga to someone who never try yoga

47:43 to: *Matthew Molineux*

hi

47:51 to: *Simon*

My Mum and Grandad suffer with epilepsy and yes yoga can trigger seizures.

47:53 to: *MartinOD*

hi matthew :-p

47:58 to: *Samantha and Emely, USA*

Do you think mindfulness relates to spirituality?

48:15 to: *www.otstudent.info (UK)*

I'm interested in why that is Simon

48:30 to: *Simon*

I would be too actually.

48:48 to: *Nicole V.*

grading

48:55 to: *www.otstudent.info (UK)*

Like, is it proof that Yoga has a major effect on brain..

48:55 to: *@Wardmans (The Netherlands)*

isnt it because of repetitive motions and stuff?

48:57 to: *Khiem Tran USA 1*

thank you

50:15 to: *Brock Cook*

trauma informed yoga?

50:16 to: *www.otstudent.info (UK)*

JKZ is more secular

50:27 to: *Simon*

Possibly @Wardmans

50:28 to: *Karen Jacobs*

You can upload the free Stretch Break for Kids software at [blogs.bu.edu/kjacobs/](http://blogs.bu.edu/kjacobs/)

50:42 to: *Naomi UK*

I think Mindfulness should be taught in all schools

50:55 to: *www.otstudent.info (UK)*

There is a pilot in Oxford now (UK)

51:00 to: *Samantha and Emely, USA*

Thank you very much, you are very informative!

51:08 to: *www.otstudent.info (UK)*

mindfulness in schools

51:18 to: *Jenni, Scotland*

I agree Naomi!

51:25 to: *www.otstudent.info (UK)*

sorry cant type quick enough

51:36 to: *Naomi UK*

Aged 13-18 in particular

51:44 to: *Anita Hamilton*

Susan Burwash wants us to announce a new 4OT group

51:48 to: *Anita Hamilton*

Play4OT

51:58 to: *kirstyes (UK)*

Yay play

52:01 to: *Brock Cook*

#TEAM24OT!!! YAY!!!

52:11 to: *Helen OTUK*

Team24OT!!!

52:14 to: *Helen OTUK*

lol

52:18 to: *Merrolee Penman*

Great Play4OT!!!

52:26 to: *Anna Milser (Manchester UK)*

Thank you so much for this super presentation.

52:34 to: *kirstyes (UK)*

Great - can I add a couple of pictures

53:11 to: *Lauren Harris*

thank you again!

53:21 to: *Anita Hamilton*

All moderators can work on giving moderator priveleges

53:31 to: *Dominique Carcone*

thank you!

53:33 to: *kirstyes (UK)*

How do I add a picture?

53:39 to: *Adam D.*

Thank you

53:42 to: *Brock Cook*

i just turned on whiteboard for all

54:05 to: *MartinOD*

will the slides come back on after this?

54:06 to: *Ritchard Ledgerd*

Cristie - thank you - you did a fantastic presentation. Muchas gracias.

54:07 to: *Susan B*

did Kirsty have something she wanted to do on WB?

54:13 to: *Merrolee Penman*

Kirsty bottom icon of the writing on whiteboard menu

54:14 to: *Naomi UK*

I don't know how it works with children but believe it's a skill which would help with the stresses of growing up, exams etc

54:20 to: *Ritchard Ledgerd*

OT4OT - a huge thank you for a great event.

54:23 to: *Merrolee Penman*

just next to the whiteboard.. on the left hand side!

54:26 to: *Merrolee Penman*

Thanks Ritchard

54:30 to: *Karen Jacobs*

Please feel free to share your feelings about this 24 hour virtual exchange. We would love to hear from you in this virtual medium

54:30 to: *Susan B*

our pleasure Ritchard

54:32 to: *Merrolee Penman*

oops Ritchard

54:38 to: *Helen OTUK*

lol, thanks

54:38 to: *maureen.moore1*

Thank you to all the team it was great to participate in 2012 OT24VX...;)

54:39 to: *Karen Jacobs*

Wow!

54:44 to: *Brock Cook*

HAHAHHA

54:45 to: *@Wardmans (The Netherlands)*

here is something about epilepsy and yoga

54:46 to: *@Wardmans (The Netherlands)*

<http://www.ncbi.nlm.nih.gov/pubmed/22365651>

54:46 to: *Helen OTUK*

lol

54:51 to: *Paula C USA*

Thank you to all who made this a successful OT4OTVX once again!

54:57 to: *Karen Jacobs*

Thank you for the NIH URL

54:59 to: *Susan B*

my superheroes

55:03 to: *Helen OTUK*

Thank you kirsty

55:21 to: *kirstyes (UK)*

Gillian's picture of course

55:32 to: *kirstyes (UK)*

You too have major stamina

55:32 to: *Karen Jacobs*

Thank you everyone for joining us. We will have some concluding music as soon as Cristie finishes

55:35 to: *Merrolee Penman*

brilliant pic - thank you Kirsty!!!!

55:38 to: *Susan B*

that's kirsty

55:40 to: *Paula C USA*

gracias!

55:41 to: *Nicole V.*

Thank you Cristie!

55:44 to: *maureen.moore1*

a great job! look forward to the slides and recording of sessions missed. All the best u are all (\*) and an inspiration!

55:47 to: *Helen OTUK*

Thank you very much OT4OT!

55:49 to: *Merrolee Penman*

I can't type anymore.. fingers have given up!

55:54 to: *Rachel S*

Thanks Cris! You did an awesome job!!!

55:56 to: *Esra OT - Jerusalem -*

thank you , I enjoyeeeddddd <3

55:56 to: *Cat Farmer (Geelong Australia)*

Thanks so much!!

56:00 to: *kirstyes (UK)*

Thank you all - its been fab

56:06 to: *Jenni, Scotland*

thank you

56:16 to: *Susan B*

love ending with music!

56:20 to: *Randel - Australia*

Thank you to all who've been involved.

56:21 to: *Karen Jacobs*

Can you hear the music?

56:24 to: *@Wardmans (The Netherlands)*

so sad its over!

56:24 to: *Helen OTUK*

yes been a very interesting and though provoking 24hrs!

56:25 to: *Rachel S*

yes we can

56:28 to: *kirstyes (UK)*

That was meant to be scales

56:51 to: *Merrolee Penman*

Kirsty - can we grab that for OT4OT fb page and perhaps website? can you email to Brock maybe or Anita?

56:54 to: *kirstyes (UK)*

I'll post the pics on twitter using the hashtag too

57:02 to: *MartinOD*

how do i get the slides back up?

57:07 to: *kirstyes (UK)*

is twitter ok to get them from?

57:07 to: *@Wardmans (The Netherlands)*

Inez Ummels?

57:09 to: *Karen Jacobs*

It is an original composition by Justin Pardy whose mom is an OT, Nancy MacRae

57:28 to: *Merrolee Penman*

Hi Martin, you can access after the event through the recordings!

57:39 to: *Ritchard Ledgerd*  
Thanks eveyone.

57:43 to: *MartinOD*  
thanks merrolee

58:11 to: *Merrolee Penman*  
Late for you Ritchard - dedicated as always1

58:12 to: *Inez*  
Hi karen! It's Inez, your student!

58:22 to: *Esra OT - Jerusalem -*  
good night everyone

58:25 to: *Karen Jacobs*  
Hi Inez, thanks for joining us.

58:28 to: *Susan B*  
23/24 sessions were recorded I believe. Come back to [ot4ot.com/ot24vx2012](http://ot4ot.com/ot24vx2012) to hear recordings in 10 days - 2 weeks

58:37 to: *Esra OT - Jerusalem -*  
see you soon in a another great work

58:38 to: *Esra OT - Jerusalem -*  
:)

58:53 to: *Inez*  
Has everything ended already? Has Cristie gone yet?

59:01 to: *Randel - Australia*  
Is the feedback form on the OT24Vx 2012 website?

59:18 to: *Anita Hamilton*  
Yes I think the lin is there Randel

59:23 to: *Anita Hamilton*  
\*link

59:30 to: *Karen Jacobs*  
Cristie is still her and getting ready for my open hours at 8pmEST. We're making vegetarian taco salad!

59:38 to: *Anita Hamilton*  
If it's not... it will be :)

1:00:04 to: *Inez*

Has OT24VX ended already?

1:00:16 to: *Karen Jacobs*

It has ended. It has been on for 24 hours.

1:00:22 to: *Merrolee Penman*

the 24th one is already a previous recording of Clare Hocking's professorial lecture and the link to this original recording will be on OT4OT schedule

1:00:30 to: *Inez*

=[ aww we missed it! sorry!!

1:00:33 to: *maureen.moore1*

ta ta everyone!

1:00:37 to: *Karen Jacobs*

However, it has been recorded so you can listen to it at another time.

1:00:46 to: *Merrolee Penman*

bye all

1:00:54 to: *Inez*

thanks!