



At Sivananda Ashram Yoga Retreat, we welcome students from all over the world, many of whom benefit from having subtitles during our live classes and video recordings. To ensure everyone can follow the teachings with ease, we recommend using Chrome Live Caption. It is a simple, free tool that allows you to generate subtitles in English or other supported languages directly on your device.

What is Chrome Live Caption?

Chrome Live Caption is a free, built-in feature of the Google Chrome browser that automatically generates real-time subtitles for any audio playing inside Chrome. It runs locally on your computer, works offline after initial setup, and now supports multiple caption languages depending on your Chrome settings.

How to Use Live Caption for Our Live Zoom Classes

Step 1: Open Zoom inside Chrome

Join the Zoom class using the **Chrome browser** (not the Zoom app).

Step 2: Turn on Live Caption

1. Open Chrome
2. Click the three dots (⋮) in the upper right corner
3. Go to **Settings**
4. Click **Accessibility**
5. Under **Captions**, turn on **Live Caption**

Chrome will download a small offline file the first time you enable it.

Step 3: Choose Your Caption Language

If you would like subtitles in a language *other than English*:

1. In **Settings** → **Accessibility** → **Captions**, click **Live Caption**
2. Select “**Live Caption languages**”
3. Add or enable the language you want (for example, **French**)
4. Return to the previous screen and set your **preferred caption language**

Once selected, Chrome will begin generating subtitles in that language automatically whenever audio plays in the browser.

How to Use It for Recordings

1. Open the class recording in the **Chrome browser**
2. Make sure **Live Caption** is on
3. Make sure your **preferred caption language** is selected (as in the steps above)
4. Subtitles will appear automatically at the bottom of the video

Tips

- You can drag the caption box anywhere on your screen
- If subtitles do not appear, refresh the page
- Works best when audio comes directly through Chrome
- Live Caption is improving but may not perfectly translate spiritual terminology