

Intro

YOUR NAME



1. Class attending:

2. Name of yoga instructor:

3. Name of class:

4. Duration of class:

5. Location of class:

6. Did the teacher introduce him/herself?

7. How did he/she greet the class?

8. Was there a pre-class prop recommendation or set up offered by the teacher?

9. Was a practice 'theme' (aka collective intention) introduced early on? If so, what? Was it?

10. Physical, energetic? Did the instructor reference the theme elsewhere in class?

11. What else did the instructor do to set the tone?

Dearest yogis,

These are questions I'm providing you to provoke thought, to help you learn and grow.

They are not meant to foster judgement, rather a platform for perspective. Answer to the best of your ability.



The practice

12. What did the warm up consist of?(name a few poses that you remember)

13. Were there Sun Salutations ? Variations of Sun Salutations?

14. Was there a peak pose? if so, which one/s?

15. Was the class sequenced to warm up to the peak? (please list some specifics)

16. How much of class (approx.) was devoted to cool down poses?

17. Did you get time for Shavasana?

18. Approx how long?

19. Was there at least one of each of the following types (categories) of poses? Identify a few:

TWIST?

BACKBEND?

FORWARD FOLD?

HIPS?

SHOULDER OPENERS? STRENGTHNERS

CORE?

1 LEG STANDING BALANCE?

ARM BALANCE?

INVERSION?



20. Was the sequence easy to follow?

21. Was there a clear handle on anatomy?

22. Was there any functional movement included in the sequence?

23. What was the level of class in your opinion?

24. Did it match class description?

25. Did the instructor have a rhythm and specific presenting tone to their voice?

26. Did the teacher use clear cues?

27. Were there extra words in their cuing?

28. Were there any special injuries in the class (students)?

29. How did the teacher handle those special cases?

30. What did you learn that was new?

31. What did not resonate with you?

32. Was there anything that you can bring with you into your teachings?