



Observation Questionnaire

Your Name: _____

Class Attended: _____

“You can observe a lot by watching” – Dearest yogis, these questions are simply provided to provoke thought, and 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.

Did the teacher introduce him/herself?

Did he/she greet the class?

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

Was a theme introduced early on? If so, what? Was it physical, energetic? Did the theme repeat itself in the middle and end of class?

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

Were there variations on Sun Salutation? Or just regular sun salutations? If so, which?

Was there a peak pose? If so, which one/s?

How much of class (approx.) was devoted to cool down (lunar, not as active) poses?

Did you get time for Shavasana? How much?





Was there at least one of each of the following types (categories) of poses? Identify 1-2 if possible

- Sun Sal?
- Twist?
- Backbend?
- Forward fold?
- Hips?
- Core?
- 1 leg standing balance?
- Arm balance?
- Inversion?

What was the level of class in your opinion? Why do you consider it that (pace? Poses? Cues?). Did it match class description?

Was the sequence easy to follow?

What did you learn that was new?

What did not resonate with you?



