



GreenTREE Yoga TS Yoga Observation Form Class # ____ of 10

FOUR PAGES

YOUR NAME: _____

Please take and then complete this form for 10 Yoga classes. At least four must be TS Yoga (or something that sounds like it would be TS). For each one, please fill out this form. **PLEASE SUBMIT AFTER EACH CLASS in a WORD Doc. Thanks!**

Each observation has THREE parts:

1. Submit to me after each class.
2. Review my comments and respond briefly to my comments.
3. Submit to me again.

I have found that this system provides the best opportunity for mentoring!

Class teacher _____ Location: _____ Time: _____

Name of class: _____ Please give a general description of the who is in the class.

Please give a **detailed** description of the class. You can learn a lot by noticing what is done (or not done) in a class and your response to these techniques.

(What poses/flows/breathing was done and how?)

Please list four things that you liked about the way the class was taught and explain **WHY** you liked them (these observations can include such things as: pacing, choice of poses, choice of props, rapport with students, classroom management techniques)

1.

2.

3.

4.

Please list three (or more) things that you would do differently and WHY. We learn as much from what we like and from what we observe not working. It could also be that you know this technique would not fit your personality, so these observations are not necessarily criticisms.

1.

2.

3.

What three things did you observe that you would want to incorporate into your own teaching?

1.

2.

3.

What was your overall impression of this class?

Additional Comments:

Thanks! I hope this was useful! Yael