

CLASS OBSERVATION & ASSISTING SUMMARY FORM

1.7.1

Remember to arrive 15 minutes early and introduce yourself to the teacher. Offer to sit quietly in a corner with your notebook.

Observation Date _____

Teacher Trainee _____

Class Name _____

Teacher Name _____

Location _____

During your observation, please look for the following:

- Class setting: candles, comfortable temperature, is the light pleasing to the eyes, etc
- How does practice begin and end? Chanting, Meditation, Pranayama?
- Does the teacher acknowledge each student at some point during the practice?
- Does the practice transition smoothly from asana to asana?
- Does the teacher use clear and precise language? Modifications/props?

Please do not write down what is being done, instead respond to the questions below.

1. Comment on the environment :
2. What did you notice about the varying abilities of the students? How did the teacher address these different levels?
3. What do you notice about the verbal cues and language the teacher uses?
4. What did you enjoy most about the class? Why?
5. What did you like least about the class? Why?

CLASS OBSERVATION & ASSISTING SUMMARY FORM

1.7.2

Assisting Date _____

Teacher Trainee _____

Class Name _____

Teacher Name _____

Location _____

Assisting Questions

(to be answered after your required observations have been completed)

1. What did you enjoy about offering gentle, soft touch assists and alignment enhancements?
2. What was your edge around hands on assisting?
3. How many postures did you assist in this class?
4. How do you feel that hands on assisting is helping your teaching abilities?
5. How did the students respond to your hands on assists?
6. Did you have any awkward or unusual responses to offering hands on assisting?
This is normal when learning! If yes, how did you handle this?